



Year Group: KS2

Week Beginning: Monday 27th April 2020

Subject: Physical Activity

It is vital to stay active during the lockdown period - both for your physical and mental wellbeing.

Daily activity is advised as long as it is in line with government guidelines. This could include leaving your house once a day with family who live in your household to go on a run, a cycle, or a walk. If you have access to outdoor space you can play active games outdoors. You could do yoga, gymnastics, dancing, martial arts indoors or outdoors to keep your body active.

Here are a few suggestions of what you and your family could do this week to stay active:

1.	<p><u>Balance Beam</u></p> <p>Use tape and create a straight line indoors or outdoors. Challenge your child to walk along it to perfect their balance.</p> <p><u>Tape Maze</u></p> <p>If you're able to create enough space on the floor, constructing a tape maze can be a great indoor activity. Add in dead ends for extra challenge.</p>
2.	<p><u>TikTok Dancing</u></p> <p>Get active by practicing your favourite TikTok dances.</p> <p>Important: Remember to be safe online or have a parent present. You do not have to have a TikTok account!</p>
3.	<p>Tune in to our favourite Lockdown P.E teacher and Get Fit with Joe Wicks https://twitter.com/thebodycoach</p>



Tweet us whilst enjoying your physical activity!

