



Year Group: KS1 and KS2

Week Beginning: Monday 20<sup>th</sup> 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.	Why not use chalk and draw a hopscotch and challenge your family to some hopscotch games. <a href="https://www.fungameskidsplay.com/hopscotchgame.htm">https://www.fungameskidsplay.com/hopscotchgame.htm</a>
2.	Try this YouTube clip, simply answer the questions with the actions, keeping active and engaged whilst learning. <a href="https://t.co/BM30tjQ3GH?amp=1">https://t.co/BM30tjQ3GH?amp=1</a>
3.	Tune in to our favourite Lockdown P.E teacher and Get Fit with Joe Wicks <a href="https://twitter.com/thebodycoach">https://twitter.com/thebodycoach</a>



Tweet us whilst enjoying your physical activity!

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