



Year Group: EYFS

Week Beginning: Monday 15th June 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 go for a nice walk with your family or go out for a ride on your bike or scooter.
2.	Strengthen your body and mind with a Yoga session https://youtube/ZwJH8Kbzj54
3.	Tune in to our favourite Lockdown P.E teacher and Get Fit with Joe Wicks https://twitter.com/thebodycoach



Tweet us whilst enjoying your physical activity!