



Year Group: KS1 and KS2

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 out on a nice walk with your family. Maybe take a route or go to a place that you haven't been before.
2.	Search some of your favourite Just Dance routines on YouTube and have a boogie! Why not rope in your parents/carers to join in!
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!