

Remote learning- PE Spring term 2021

<b>DAILY EXERCISE</b>	<b>Reception – KS1</b>
<p>It's really important to keep your body and mind healthy every day but it's especially important at the moment.</p> <p>Although the GOLDEN MILE PROGRAMME has been 'temporarily suspended' during lockdown, it will resume again when school does, so make sure that you keep your fitness levels up! 😊</p> <p>As well as the Joe Wicks workouts on 'you tube' three times a week, there are lots of fantastic links on YOUTUBE to his previous 5 and 8 minute classroom based workouts.</p> <p>There are some additional links I have found in the table which are fun too but there are lots more available...</p>	<p>AVENGERS KIDS WORKOUT <a href="https://www.youtube.com/watch?v=IEpCqW9JggY">https://www.youtube.com/watch?v=IEpCqW9JggY</a></p> <p>JUNGLE EXERCISE FOR KIDS <a href="https://www.youtube.com/watch?v=pJGqlla4Dbw">https://www.youtube.com/watch?v=pJGqlla4Dbw</a></p> <p>MOVE AND FREEZE ACTION SONGS <a href="https://www.youtube.com/watch?v=388Q44ReOWE">https://www.youtube.com/watch?v=388Q44ReOWE</a></p> <p><a href="#">COSMIC KIDS YOGA – WE'RE GOING ON A BEAR HUNT</a></p>
<p>Every day, try and go for a walk, run, scooter or cycle ride as part of your daily exercise.</p> <p>Look at what time you leave the house and how far you travel, challenge yourself to go either faster or further during the week!</p> <p>Why not make a diary of your time, where you went, how many steps you did (if you have a device to record this), what is your next challenge going to be? Can you go further without feeling as tired? What did you see? Who did you see? How did you feel before exercising and how do you feel afterwards?</p> <p>You could make an 'i-spy list' and record what you see during a walk ...</p> <p>E.g. How many cars went past you?</p> <p>How many dogs did you see?</p> <p>Did you pass by a postbox?</p> <p>Did you see a friend from school out exercising too?</p> <p>Did you spot Mrs Turian walking her dog, Honey, or out for a run or cycle?</p> <p>I'm sure you'd think of some fantastic ideas but don't list too many on one walk, vary your list 😊</p>	<p><u>All Ages</u></p>
	<p><b>PHYSICAL ACTIVITIES FOR KIDS</b></p> <p><a href="https://www.youtube.com/watch?v=3_oIssULEk0">https://www.youtube.com/watch?v=3_oIssULEk0</a></p> <p><b>KIDS AND ADULTS WORKOUT</b></p> <p><a href="https://www.youtube.com/watch?v=L_A_HjHZxfI">https://www.youtube.com/watch?v=L_A_HjHZxfI</a></p> <p><a href="#">ZUMBA KIDS</a></p> <p><a href="https://www.youtube.com/watch?v=ymigWt5TOV8">https://www.youtube.com/watch?v=ymigWt5TOV8</a></p> <p>THE BODY COACH TV -5 MINUTE WORKOUT <a href="https://www.youtube.com/watch?v=d3LPrhI0v-w">https://www.youtube.com/watch?v=d3LPrhI0v-w</a></p> <p>THE BODY COACH-ACTIVE 8 MINUTE WORKOUT <a href="https://www.youtube.com/watch?v=EXt2jLRlaf8">https://www.youtube.com/watch?v=EXt2jLRlaf8</a></p> <p><a href="#">YOGA FOR KIDS</a> <a href="https://www.youtube.com/watch?v=X655B4ISakg&amp;ab_channel">https://www.youtube.com/watch?v=X655B4ISakg&amp;ab_channel</a></p>

Why not go on a 'Scavenger Hunt' during your walk?

Make a list of nature items you would like to find on your walk and how many, e.g. feather, brown leaf, spiky leaf, twig etc.

Take a bag to collect them and when you return home, make a collage or picture from them.

Take a photo and send it to me at school to go on the display in the hall, ready to look at when we return!



The South Cambridgeshire School Sport Partnership are promoting a 'healthy selfie' campaign during lockdown.

You can load a photo onto their Twitter or Facebook page to show how you are keeping fit and healthy.

I would also really like you to send me a photo of yourself exercising in some way, walking, running, cycling, scootering, on your trampoline, gardening, you tube workouts etc., or a photo of a healthy meal you're having, a record of your exercise, i-spy chart or Scavenger Hunt picture.

I'd love to receive ONE emailed photo from every child 'home learning' if possible, to put on my board, but remember to choose just your favourite, so that I can put as many children on the display as possible! It doesn't have to be straight away...we may get snow at some point so it could be a healthy snowy photo!

I miss you all but will see you very soon I hope... *Mrs Turian*

