

PE and Exercise Ideas

Hello children and parents. During this time out of school where we will not have the opportunity to complete our normal exercise, it is especially important you stay fit and active for both your body and your mind!

Try to:

- Be highly active for at least 30 minutes a day, everyday!
- If you are able to play sport/games with siblings and/or parents try to as often possible. Make up games, play throw and catch, play tagging games (teach your parents the ones we play in class!) and make use of any sports equipment you have. Be creative!
- If you are lucky enough to have an outdoor space, use it often! If it's shared, ensure you social distance.
- Eat as healthily as possible!
- Limit your screen-time on computers, tv, consoles, tablets and phones.

A great way to stay fit without parks or outdoor space is following an online exercise routine. Almost a million children and adults joined Joe Wicks for his first free daily workout today, it's free everyday on YouTube. Here's the link to some videos and websites with simple PE activities. Ok it's not as fun as our PE lessons but it's not forever! Stay active everyone! – Mr Oakley

VIDEOS

Joe Wicks Daily PE Lesson

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TY1Rfn6rYQ>

30 Minute Hip Hop Workout

<https://www.youtube.com/watch?v=ZWk19OVon2k>

25 Minute kids workout

<https://www.youtube.com/watch?v=dhCM0C6GnrY>

PE Games – A huge collection of PE activities

<https://www.youtube.com/channel/UcliBigoW1uxxMGtVIGTGwMw>

ACTIVITIES

PE Games – Lots of ideas with fun simple activities, most don't require any equipment!

<https://kidactivities.net/>

PE Games – More ideas for simple activities for children of all ages.

<https://www.teachingideas.co.uk/subjects/pe>

Free resources and loads of simple activities – go to play section on website

<https://teachers.chancetoshine.org/s/login/?ec=302&startURL=%2Fs%2F>

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