

Hi everyone,

Wednesday, 25<sup>th</sup> March 2020

It's Mr. Fisher here. I hope that you are all okay, keeping busy with your studies and staying safe! Miss Burles and Miss Okai have asked me to put together a few ideas to help keep you fit, active and entertained at home. Remember to give yourselves regular breaks; and what better way to use your break time than by keeping active! Here goes...

### 1. Rock, Paper, Scissors sprints

I know many of you enjoyed this activity at school and this can be adapted to play at home with anyone in your family. Play Rock, Paper, Scissors. If you draw, play again. If you lose, you sprint! If you have an upstairs, why not make the sprint up the stairs to the landing (but please make sure you WALK back down the stairs). If you are lucky enough to have a garden, you could run to the end and back. If you live in a flat, you could sprint to touch every wall in every room of your home and back again.



### 2. On the Spot Exercises

It's not essential to have loads of space to do exercise and become strong and fit! In fact, some of my favourite exercises can be done 'on the spot' with just an exercise mat. Not only can some of the following exercises be done in your classroom at school; but also in the luxury of your own front room! Look at these interactive video cards and have a go at some of these movements to get your heart pumping. My favourites are the kick offs, heel taps and power rangers! Just check out these links and off you go!

Activity cards: <https://www.activekidsdobetter.co.uk/active-classroom>

After you have found your favourites, create your own 2 minute, 5 minute, or 10 minute routines by using the Activity Booster: <https://www.activekidsdobetter.co.uk/active-classroom/activity-booster>

### 3. Challenge Catch

Everyone has something they can practice 'catch' with at home: whether a soft toy, a piece of fruit, a tennis ball or cushion. And learning to catch well is really important because not only does catching improve your hand-eye coordination, improving communication between different parts of your body, it also helps you to access many different sports, like netball, basketball, football, rugby and tennis, for example. Try one or all of these ideas!

- Choose a spot to play catch, either by yourself or with a partner. Without moving your feet, how many catches can you do without dropping the object? Give yourself a target (e.g. 10 catches) and keep trying until you reach your target. If you drop the object, start again from zero. If you reach your target, increase it (e.g. 20 catches) and try again,
- Experiment throwing the object at different heights. Can you throw and catch without moving your feet?
- With a partner, move 5 paces apart. When you complete 2 successful throws and catches, both of you take one step back. Continue this until it becomes more challenging. How far apart can you throw and catch with your partner without dropping the object?
- Now set yourself a timed challenge, either by yourself or with your partner. How many catches can you do in 1 minute? Make sure you keep count! Now try and beat your record? Then try and beat your record again.



Okay, Year 2s. That's about all for now. Why not write a letter to Miss Burles and Miss Okai to let them know how you have been staying active at home? Perhaps you could also pass on any ideas which you have enjoyed so we can share them with the rest of your year group? Remember to ask your parents to take a photo of your writing to send in via the Year 2 email addresses!

All the best for now, Mr. Fisher