

It's Mr. Fisher here. I hope that you all had a safe and enjoyable Easter break away from your home learning! Now that the summer term has started, here are a few more ideas to keep you active while you are at home. Remember to give yourselves regular breaks while learning at home; and, as I said last time, what better way to use your break time than by keeping active! So, here goes...

1. Moving squats



In an outside space, or in your garden (if you are lucky enough to have one!), place a few objects on the floor in different places. The objects could be, for example, a teddy, a bucket and a ball, although you might have different things scattered on the floor already. Make sure these items are at least two yards apart. Next, decide which object is going to be **Item 1**, **Item 2**, **Item 3**, etc. The challenge is to run between these items, bending down to touch them in order. See how many times you can touch each item in 30 seconds, or 1 minute. Set yourself a goal, for example, can you touch each item 5 times in 30 seconds? Once you reach your goal, can you increase it? You could try touching the objects with a straight back only bending your knees in a squat, to strengthen the muscles in your legs and your core! You could ask a member of your family to shout out the different objects, after which you have to touch them. Challenge your mum, dad or carer for a bit of competition!

2. Throwing and catching



Find an object you can throw and catch with. You might already have a tennis ball at home, but you can use anything, such as a piece of fruit or a small teddy. The aim of this exercise is to find a space outside where you can work. First of all, you are going to throw the object up and catch it three times. Once you have done this, roll the object across the ground to a new space. Pick the object up and, again, practice catching the object three times, after which, you will roll the object along the ground to a new space. This sequence of actions continues for one minute. How many sequences of throwing, catching and rolling have you completed? Set yourself a new goal and then try and beat it. If you are finding the activity easy, practice throwing the object higher into the air, include more catches per sequence, or move around while doing it. If you are finding it difficult, is there a larger object you can practice throwing and catching with? Try this activity with a partner, together taking it in turns to roll the object, or one after another.

3. Run around the Block



With an adult, go for a run around the block. Stand at your garden gate, at the end of your driveway or front door. Look left. Now start running in this direction until you meet the next road. Take the next street to your left, staying on the pavement, and run to the end. When you meet the next street, turn left again, etc. until you find yourself back at your house. Get someone in your family to time you. How long did it take? Now run the same block again, this time going right instead of left. Can you beat your time? You might like to try this every day or often to see if you can quicken your time! Why not use this route for your Daily Mile?

4. Daily Mile at Home



Have you been managing to keep up your Daily Mile during your home learning time and the holidays? If you have, fantastic, very well done! If not, think about starting it up again. Remember, you don't have to run the whole way! You can run and walk, or stop regularly for a rest of you would like to!

The Daily Mile Foundation also has resources to support the Daily Mile At Home, which can be found at <https://thedailymile.co.uk/at-home>. The challenge for today and tomorrow is to **wear blue** when you are running in order to give thanks to all the heroes working in the NHS during this difficult time.

That's about all for now everyone! We hope you have fun trying these activities! Signing off, Mr Fisher.