

Hello everyone,

Summer Term, Week 1, April 28<sup>th</sup>, 2020

I hope that you all had a safe and enjoyable first week back with your home learning! Here are a few more ideas to keep you active while you are at home this week and, remember, you can do all of these activities together as a family. The more the merrier! Here goes...

## 1. Throwing and catching



For this week's throwing activity, first of all practice throwing and catching with both hands while standing still. Throw the ball, or any suitable object you can find, straight up in the air. Can you throw and catch it five times without dropping it? Next, try this again but with one hand, perhaps with your writing hand first, followed by your other hand. Throwing and catching using one hand is a bit more difficult, but try to throw and catch the object with each hand 5 times, without dropping it if you can.

Once you have achieved the activity above, to make it a bit more difficult, try clapping three times between throwing the ball up and catching it – again, try this with two-handed and one-handed catches. Can you throw the ball higher and clap more times? Perhaps try a spin while the ball is in the air? Next, try doing the same throws and catches from different starting positions. For example, try kneeling, sitting down, standing on one leg, and standing on tip-toes. Can you think of any other starting positions?

## 2. Dancing



Why not put a spring in your step today by practicing some dance moves? Not only is dancing great fun, but it is also a great work-out and can boost your happiness, increase your stamina and strengthen your bones and muscles! If you have a PlayStation or Xbox and you are lucky enough to have the game 'Just Dance', choose 3-5 of your favourite dances and bust some moves.

If not, don't worry, there are plenty of Just Dance clips on YouTube which you and your parents can choose from. Here are some of my favourites.

Dance Monkey (Tones and I): <https://www.youtube.com/watch?v=6X683tNMGxQ>

Don't Stop Me Now (Queen): <https://www.youtube.com/watch?v=xbS3GtUdMk>

Song 2 (Blur): <https://www.youtube.com/watch?v=u6ocmuJ9qmM> (dance while snowboarding!)

There are also various online dance classes out there to be found. For example, Oti Mabuse (from Strictly) has dance classes for kids on her YouTube Channel (two links below).

('Trolls' kids dance class) <https://www.youtube.com/watch?v=MCeo6Q3p7Mc>

(Samba dance class) <https://www.youtube.com/watch?v=inmTBfUYIU4>

## 3. Sprints – Take a Bleep Test Challenge



The bleep test is a test that is used to measure cardiovascular fitness. It is commonly used by sports trainers and coaches, as well as the emergency services and special armed forces. In the test, athletes must run from point to another before a timed bleep. As the test gets continues, the time between beeps gets shorter. When you can no longer run, the test is over and the number of laps is recorded. There are different levels that can be achieved depending on the distance you run and the time you take to do it. There is a 15 minute bleep test here:

<https://www.youtube.com/watch?v=q4F32ILBo8A> but also free bleep test apps that can be downloaded to your phone or tablet. Spotify also has The Bleep Test, which you can search for.

#### 4. Yoga Practice



Take some time to practice some calm and meditative yoga each morning. Yoga is great for mind-body awareness, and can improve your strength and flexibility, whilst also having other health benefits. One of the best sites/ practitioners I have found is **Yoga with Adrienne** (inset, with her dog, Benji). She has online sessions for all levels and ages, and is a very good, natural communicator. You can find her on YouTube, or subscribe to her channel: <https://www.youtube.com/user/yogawithadriene>

Sessions for yoga with children/ all ages, in particular, can be found here:

(Rainbow Yoga/ Yoga for all ages) <https://www.youtube.com/watch?v=dF7O6-Qablo>

(Yoga for Kids/ Play in the Park) <https://www.youtube.com/watch?v=vMMRbIOLtGM>

#### 5. Daily Mile at Home



The Daily Mile Foundation has resources to support the Daily Mile At Home, which can be found at <https://thedailymile.co.uk/at-home>.

Have you seen their latest challenges? With an adult, see if you can run 15-minutes starting from and finishing at your front door. Friday's challenge was to count how many rainbows you see on the windows of the houses in your neighbourhood. Take a picture (if you want to) and share it using [#DailyMileAtHome](#).