

Hello everyone,

Summer Term, Week 4, May 11th, 2020

It's a new week and I hope you're all keeping well! Now that there has been a gentle easing of our lockdown restrictions, we are allowed to venture out of the house more than once a day, which is great news for keeping fit, healthy and active!

Here are some ideas for this week's bulletin, all of which can also be found on the [PE and Sport Section](#) of our school's website.

1. Go for a long bike ride - and perhaps a picnic?



There are some fantastic cycle routes to be found in and around the Cambridge area. If you are lucky enough to have a bike, why not plan a long bike-ride with the rest of the family, making sure you take snacks and perhaps a picnic as a treat once you arrive at your chosen destination? If you live in the local catchment area for our school, there is a nice cycle ride to Fen Ditton through Stourbridge Common and Ditton Meadows, following the cycle path. Once you arrive in Fen Ditton, Church Street leads to Fen Ditton Recreation Ground, which is perfect place for a rest, snack and maybe even a picnic. Be careful to keep your 2m distance from other pedestrians and cyclists, and, as always, please be sure to cycle safely.

2. Learn to juggle



If it's raining outside or if you are just stuck indoors, juggling is a fun activity to learn. You don't need much space in which to juggle. Not only does it look cool, it also sharpens focus and concentration, improves coordination, and assists left and right side brain development. From the video tutorials I have seen, this one from [OUT THE BOX](#) is one of the best. A no-nonsense, fun and friendly introduction to the six-step process to juggling 3 balls. You can make your own juggling balls from old socks, or juggle with other items you find around the house. Once you have mastered the art of juggling three balls, there are other impressive tricks to learn! If you are able to master juggling 3 balls, I'd love to see your new skills once we're back at school!

3. Go on a wilderness adventure. How many wild flowers can you identify?



Now that Spring is in full swing, it's a great time to see the changing colours of the natural world. In our household, we have really enjoyed going for an evening walk as a family to a nature area (e.g Coldham's Common or the tow path beside the River Cam). We have noticed the many wild flowers that are already blooming. On your walk how many wild flowers can you identify? You might like to take a sketch pad to draw on and identify them at home later. You might like to take pictures using a camera on one of your family's mobile phones. Give yourself a target of spotting, say, five species of wild flower. There are plenty of web sites out there that you can consult to help you identify the flowers (e.g. [woodlandtrust.org.uk](#)).

4. Learning new football skills

Football skills can be practiced anywhere, whether you are indoors or outdoors, and if you don't have a football, there are plenty of substitute items you can use for a ball (e.g. rolled up socks). For beginners and younger learners, [CBeebies](#) has a nice short series of skill videos led by Rachel Yankey. These include toe taps, the shuffle, step overs, uppies, and how to trap a ball, to name a few. For the more advanced footballers, move onto the trickier [freestyle skills](#), starting with 'the foot stall' and then moving on to other tricks, like 'around the world'.

5. Daily Mile and Virtual Olympics

Remember to check the [Daily Mile at Home](#) for news of their various weekly challenges, as well as the [Virtual School Games](#), news of which can be found on the PE and Sports section of our school web site too.

That's about all for this week. We hope you are able to stay active by getting out and about a bit more, now that lock-down restrictions have been gently eased. Please remember to stay safe and socially distanced when you are out.

All the best to you and your families.

Mr. Fisher.