

LOCKDOWN P.E

How are you keeping your child active during lockdown? It is much harder than it was during the spring and summer, keeping our children active, but there are still lots of things you can be doing. It will help them sleep better and concentrate on their learning.

As a school we subscribe to Real PE. This is a fun and interactive way of taking part in Physical Education. Search 'jasmine' and you will find the Real PE website. Follow the plans for your child's year group.

Family Challenge.

Who can show the most improvement?

Be competitive against yourself.

- Throw and catch a ball for one minute how many times?
- Balance on one leg for how long?
- How many star jumps in one minute?
- Learn a new skipping technique, backwards, jumping jacks etc.

Make up your own family challenge.

Go out for your daily exercise...

walk run cycle scoot

Take your child out to exercise and burn off energy before you get them to sit down to learn.

Give them physically active learning breaks, like we would at school.

Joe Wicks is live on YouTube Monday, Wednesday and Thursdays at 9 AM. Get your day started with some structure.

Use online resources like...

- Jump start Jonny.
- Cosmic Yoga on YouTube.
- Andy's wild workouts (cbeebies) on YouTube.

When sending in photos of work to teachers, don't forget to send in photos of children being active.