

PE At Home Activities

If you can, please use your child's PE time to go outside and be active. This may involve running around, playing with a ball, walking, cycling, bouncing on a trampoline or even doing a bit of gardening. However, if we are forced inside or the weather is bad then please use the following resources

1. Personal challenges

These are attached. They need a small amount of equipment which you will find around the house. Children complete each personal challenge for 30 seconds. They can record their scores on the sheet. I will add new challenges every three weeks.

2. Online resources

- Joe Wicks the body coach is running daily PE workouts at 9am. Sign up on <https://www.youtube.com/thebodycoachtv>
- Dance along with Disney. If you want to join in with your child, then dance and sing along to some Disney classic
<https://www.thisgirlcan.co.uk/activities/disney-workouts/>
- Yoga, mindfulness relaxation for kids. Lots of wonderful and fun videos on <https://www.youtube.com/user/CosmicKidsYoga>

Please make sure your child takes care while taking part in these exercises, if they feel any pain, injury, struggle, then please ask them to stop or ask for help. Most importantly have fun and stay safe.