Dear Parents/Carers,

During school closures, we hope you can keep your child as active as possible. Staying active will not only keep them fit and healthy but will also help keep your child relaxed and engaged with educational activities whilst at home.

The websites below have a range of game ideas, videos the children can follow and also other resources that link physical education to other areas within the curriculum.

Please click on the links below to open the webpage. Once you are there, the pages are easy to navigate. All resources are suitable for all children of all ages.

<https://www.bbc.co.uk/teach/supermovers-> a range of movement/dance and fitness activities for all age ranges.

<https://www.thepeshed.com/>​ - a range of game ideas, warm up and activities for children.

<https://getseteatfresh.co.uk/?utm_campaign=1865441_March20_Primary_COVID19&utm_medium=email&utm_source=Aldi%20-%20Get%20Set%20to%20Eat%20Fresh&dm_i=3J01,13ZDT,5T47BO,3WDCT,1> – Aldi’s Get Fresh website has a range of recipes and resources for children to get and stay healthy.

<https://www.youtube.com/results?search_query=yoga+for+children> - a range of yoga videos to help calm and relax people of all ages.

<https://www.youtube.com/results?search_query=workouts+for+children> - a range of fitness workouts suitable for children to do. Things to keep them active.

<https://www.youtube.com/results?search_query=mindfulness+and+mediaton+for+children>​ - a range of mindfulness and mediation videos suitable for children.

<https://www.scouts.org.uk/the-great-indoors> - Bear Grylls is offering a range of indoor activities to keep the children busy.

<https://www.youtube.com/user/thebodycoach1> - Joe Wicks Youtube channel offers a range of exercises and workouts suitable for children. He will also be doing daily live stream P.E lessons your child can engage in.

Also, to prepare your child for their future learning, please use Youtube to watch a range of sporting events from the list below. This will prepare them for their lessons and also give them an insight to what the sports are and rules used within games:

Gymnastics

Dance competitions and dance routines

Athletic competitions and training.

Tag rugby/ Rugby

Football

Basketball

Tennis

Cricket

Netball

Rounders

Kindest regards,

Ms Foster

P.E Coordinator.