**P.E. at home**

There are lots of brilliant fun activities you can do during this time.

Everyone has different equipment at home and situations so here are lots of ideas for you to choose from. We would encourage you to get some fresh air everyday whether that be a family walk, cycle ride or completing some of the activities in your garden.

This is one the whole family can get involved in!

Around the running track at school we have a selection of circuit training exercises. I have put them together on a PowerPoint for you – ‘Let’s get active exercises’. It shows you how to do each activity.

Spend 1 minute doing each activity and record in the table how many of each move you manage to do in the 1 minute. You could try this every day or every week recording your score – watch how you improve. ☺

At the end of the week or half term upload your sheet so we can see your progress and success.

On-line links to various exercise activities.

Joe Wicks - <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>

Go Noodle - <https://family.gonoodle.com/>

Cosmic Kids Yoga <https://www.youtube.com/user/CosmicKidsYoga>

Even more activities.

Have a kick about with a football

Play bat and ball

Hopscotch

Skipping

Basketball / netball

scooter

I’m sure you have lots of other outdoor play things you can use as well.

