We all know the benefits of being physically active and a having healthy diet.

When times are tough and it is difficult to get outdoors, it can be quite tricky to come up with ideas to keep the children occupied and active.

With modern technology, there are numerous websites available to support physical activity at home; not just for children, but for the whole family.

Most only take around 5-30 minutes to complete, so it can fit easily into the day.

Here are six recommended websites to use, along with some printouts too, if the internet is a barrier.

If you have any of your own that you would highly recommend, please share and we can add to the slides.

Gareth Jones g.jones@ebor.academy









https://www.nhs.uk/10-minuteshake-up/shakeups#uHJwgO1eqgflsztQ.97

Disney **Wake Up Shake Up** games. Provided by the NHS, here are lots of short games to keep children active and engaged to coincide with some of their favourite movie characters.

https://www.bbc.co.uk/teach/supermovers

BBC Supermovers. Lots of active learning opportunities from Maths to English and a whole range of other subjects. A great learning resource to keep working on spellings, times tables and other areas of the curriculum, as well as getting physically active.

https://www.gonoodle.com/

GoNoodle is a favourite with lots of teachers but it does also have a good section for parents too.

Numerous videos to dance along and learn to, along with some mindfulness videos to bring calm in stressful times!







https://www.youtube.com/user/CosmicKidsYoga

Cosmic Kids Yoga is amazing. It is free of charge and is a YouTube channel. Follow the link to go on numerous adventures, ranging from 5 to 30 minutes. There is something for everybody in the family, all based around easy to follow Yoga.

https://www.youtube.com/channel/UChIjW4BWKLqpojTrS_tX0mg

Just Dance is available on Youtube, free of charge. There are plenty of songs to choose from for the whole family; they range from easy to difficult. One to get the heart pumping and have a laugh as a family! https://www.youtube.com/watch?v=d3LPrhI0v-w&t=126s

Joe Wicks provides us with lots of online training resources, free of charge. This link will take you to his classroom workouts which are fab and don't take up much of your time.



Personal Best

Set a challenge and a time such as skipping, football keepy ups, star jumps etc and see how many you can do in that time span. Try to beat your score each day so you have a target to work towards..

Become The PE teacher

Create your own challenges and lessons to develop agility, balance and coordination. Children have amazing imaginations and I know they will create some fantastic challenges to share with the family and have a go at.

In The Garden

Active Play

It sounds silly, but there are so many benefits from being outside and simply playing! It makes a nice change from being indoors.

Circuit Training

Create 5-10 exercises such as star jumps, shuttle runs and squats. Set a time of 1 minute to complete the first exercise, then move onto the second exercise and repeat. A quick way to get the heart pumping!

The following cards were shared by Mr Jeff, our sports coach in the Selby Hub.Credit also to Wow Active.

They are a great idea to use as printouts. Although they are in year groups, I would provide pupils with them all to stretch and challenge themselves when not at school.

Thanks for sharing Mr Jeff!

Reception





Lift up and hold body keeping back and arms straight



STAR JUMPS

Jump with your arms and legs out to make a star shape

Jump back in to start position

CHALLENGE To hold for the count of 10

888

JUMPING SIDE TO SIDE

Jump in a sideways direction keeping feet together

Land with soft feet & bent knees



the correct technique





Stand on 1 leg with arms out to the side Hold balance by keeping still









You completed the challenge!

Can you complete this 6 times in total before your next assessment?

Tick a ☐ box each time you complete a challenge

Challenge!

Can you be active today? What games could you play?

ന Card O Challeng



BACK BRIDGE

Hands and feet only on the floor Lift up body by pushing hips to the ceiling



MAT A

You completed the challenge!

Can you complete this 6 times in total before your next assessment?

Tick a ☐ box each time you complete a challenge

Card Challeng



ARM CIRCLES Create circles by rotating your arms Make sure your fingertips touch at the top To do 10 both 000 CHALLENGE forwards and

backwards



You completed the challenge!

Can you complete this 6 times in total before your next assessment?

> Tick a box each time you complete a challenge















Hearing nice things about ourselves makes us feel good! Can you say something nice to someone today?



You completed the challenge!

Can you complete this 6 times in total before your next assessment?

> Tick a box each time you complete a challenge







BACK BRIDGE Hands and feet only on the floor Lift up body by pushing hips to the ceiling



STAR JUMP! TOUCH FLOOR

Jump out into a star shape Jump back in to start position Bend knees into a crouch position to touch the floor

CHALLENGE To do 12 with the correct technique 000 000



Have you eaten 5 pieces of fruit and veg today?



You completed the challenge!

Can you complete this 6 times in total before your next assessment?

> Tick a box each time you complete a challenge

Card W Challeng







Hands and feet only on the floor Lift up and hold body keeping back and arms straight. Lift up one arm keeping your body straight and still



JUMPING SIDE TO SIDE

Jump in a sideways direction keeping feet together

Land with soft feet & bent knees



To do 18 with the correct technique







Jump back in to start position

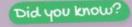




You completed the challenge!

Can you complete this 6 times in total before your next assessment?

> Tick a box each time you complete a challenge



Our heart keeps blood and oxygen moving around our body. You can look after it by eating a good diet and getting 60 minutes of exercise each day!

Card Ø eng





Place 2 hands and 1 foot on the floor

Lift up body by pushing hips to the ceiling and keep one leg outstretched



10 on each leg



Stand on 1 leg keep your balance

Hop from side to side bending the knees when landing

CHALLENGE

To do 12 on each leg

000000

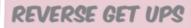


Stand on 1 leg with arms out to the side Bend standing leg and hold

> CHALLENGE ∇

Hold at the bottom of the dip for the count of 8 on each leg





Lie on your front with hands level with shoulders

Push up into a front bridge bringing knees into chest

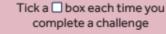
Stand up with arms above head then return safely to the floor



CHALLENGE >

To do 16 with the correct technique





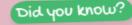
You completed

the challenge!

Can you complete this 6 times

in total before your next

assessment?



It's really important to get lots of sleep so our bodies can rest and get stronger