

# Sports Newsletter

## 2020



By Brook Valley

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Welcome to this slightly different edition of the PE newsletter. The aim of this newsletter is to let you know more about the resources and ideas you could use during the home-schooling period and to offer some inspiration for physical activity ideas.

### Why is physical activity so important?

Physical activity not only keeps us fit and healthy but also helps our mental health and mindset. In such an uncertain time, physical activity can bring some energy and routine into our day and can help to boost your motivation and mood. Hopefully the activities suggested below could give you some inspiration on how to keep active at home as a family.

### National Skip Day 2020

Friday 24<sup>th</sup> April would have been our National Skip Day in school, which would have included lots of skipping games and challenges. So that we don't miss out on such a great opportunity to get moving, here are some skipping ideas to create your very own National Skip Day at home. Don't worry if you don't have a skipping rope, you can use a dressing gown tie, some normal rope or an imaginary skipping rope!

#### **How many in a minute?**

See how many skips you can count in 1 minute. Be careful, it's not as easy as it sounds!

#### **Skipping rhyme: 'back to back'**

Complete skipping whilst singing two or more verses of the rhyme below. Follow the instructions of the rhyme to challenge yourself.

'back to back, face to face, shake your partners hand and change your place'.

#### **Skipping tricks**

What skipping tricks can you do using a skipping rope? For example, try to change from jumping to hopping whilst skipping or do double jump skips.

### In the house:

If the weather isn't as wonderful as it has been, here are some ideas for physical activity indoors.

#### **Joe Wicks HIIT – Youtube**

Join in with Joe Wicks on Youtube at 9am on weekdays to get moving. Don't worry if you don't catch him at 9am. You can find many more of his fun workouts on Youtube to try later.

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

#### **Yoga and meditation**

The children thoroughly enjoyed their yoga sessions in school. Carrying this on at home would be easy using the links below to follow. All you need is an open space to create room for you stretches.

[https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo\\_Gsi\\_qbQ](https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ)

[https://www.youtube.com/channel/UCsSS5kMpKCaJ\\_HhTM9-HKHg](https://www.youtube.com/channel/UCsSS5kMpKCaJ_HhTM9-HKHg)

#### **Dancing**

Everyone loves a good dance, especially if we need a little pick me up. Why not challenge your family to a dance off or simply put on your favourite songs and get moving? If you're looking for some inspiration, the Just Dance kids link below can help.

<https://www.youtube.com/channel/UC0Vlhde7N5uGDIFXXWWEbFQ>

### **In the garden/outside:**

As we have been blessed with sunny weather, here are some ideas to get active outdoors. Just remember to drink plenty of water and use lots of sun cream.

#### **Nature walks**

Why not go on a nature walk close to your home with your family? You could even create some artwork when you get home to show what you saw during your nature walk.

#### **Daily mile in the garden**

Plenty of people online have been completing runs or walks in their gardens. Why not try to keep up the daily mile by doing laps of your very own garden. You could create your own daily mile song to sing along to whilst you're doing it.

#### **Sports games**

Lots of you will have some fun sports equipment at home to play sports games with. If you don't you could use some things from around the house to help you. For example, use some rolled up socks as a tennis ball to play 'catch' with.

#### **Outdoor musical statues**

The classic game 'musical statues' is a fun way to get everyone involved in being active. Play your favourite songs and get your whole family involved.

### **Useful links and resources:**

As well as the ideas above, here are some extra links and resources you can use at home to stay fit and healthy.

<https://www.nhs.uk/change4life/activities>

<http://www.youthsporttrust.org/pe-home-learning>

<https://www.bbc.co.uk/teach/super movers>

<https://www.activekidsdobetter.co.uk/active-home>

<https://www.bbc.co.uk/programmes/b006mvsc/clips>

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

Hopefully these ideas come in handy and help in some way over the next few weeks. Although this is a tricky time, a great way to stay positive and boost your mood is by staying active. Keep smiling and keep moving. Take care and stay safe. 😊

Yours sincerely,

Miss Reed

P.E. Subject Leader