

Home Learning – PE, Physical Activity and Wellbeing

I hope that you have all been able to make great use of the lovely weather we had over the Easter Break and you've all been active outdoors in lots of different ways.

Have you been on some new walks or cycle rides? Have you tried Joe Wicks?

Or perhaps you've been able to do some of your Phizifit challenges outside?

If you are looking for some new activities and ideas you could try **Imoves** and **Real PE**

These sites have children's physical development and mental well-being at the heart of their structure. They are sites that would normally cost schools a considerable amount but, they have made their quality products FREE to use during these times.

To help you achieve your recommended hour of physical activity a day you could split this into 3 lots of 20 minutes spaced regularly throughout the day and try a different activity each time from the suggestions. Try to make at least one of them an activity that raises the heart rate for 10-15 mins.

England Athletics is also offering some super challenges for children (and families) to try at home. As we would normally have been starting athletics in our school PE lessons it would be a great idea to give these a go.

And finally I've included **25 things to keep you active**

It would be lovely to see, when we all return any photos or evidence of anything you have been doing related to keeping fit, healthy and active!

LINKS

Imoves – home learning

<https://imoves.com/the-imovement>

This site provides a wealth of age specific (4-7yrs or 7-11yrs) physical activities and a very clear focus on mental wellbeing.

These include: Quick Blasts; Active Blasts; Mental Wellbeing; Brain Breaks and Boredom Busters

We use some of these resources in school but the site has made ALL their resources available to children and parents during school closure and they change them daily.

Real PE at Home is an online programme which supports families to be active, play and learn together. It includes a programme specifically for children in Early Years and Key Stage 1 with 12 themes, 6 areas, over 250 activities and challenges and 1000s of hours of fun and activity. This programme is also great for family play and fun.

It also includes a programme for children in Key Stage 2 which includes PE and Gym challenges. Both programmes have daily and weekly guidance in addition to an option to choose your own themes and activities.

The website address is: **home.jasmineactive.com**

Parent email: **parent@awliscombe-9.com**

(parent@payhembury-9.com)

Password: **awliscombe**

(payhembury)

England Athletics

Take a look at their FUNETICS selection of videos clips - Go to:

<https://bit.ly/2wfwzUW> for a range of athletics challenges for 4-11 yrs old (and their parents / brothers / sisters to try at home.