



## Schools Sports Week (At Home!)

This week is Schools Sports Week where (if we were in school) we would be increasing the amount of daily activity we do and highlighting the importance of exercise and a healthy lifestyle. In school we talk a lot about keeping our bodies and our minds healthy by keeping active. We would like to encourage your child to join in with us from home this year.

The level at which they do this is completely up to you or them – they could either join in with our daily dollop or push themselves with a challenge-a-day. It is intended to make being active fun not a chore.

### Daily Dollop

You could choose to do a short dollop of exercise every day. We have included a list of links to morning exercises and wake and shakes which the children enjoy doing in school. Hopefully they'll enjoy the familiarity of these:

- Supermovers – <https://www.bbc.co.uk/teach/supermovers/ks1-collection/zbr4scw>
- Under the Sea Wake and Shake – <https://www.youtube.com/watch?v=SH-7A3NVQbY>
- I'm Still Standing Wake and Shake – <https://www.youtube.com/watch?v=vUJdBQbqSIE>
- Superheroes Wake and Shake - <https://www.youtube.com/watch?v=Py4fhsx3Ct4>

### Challenge-a-day

This is similar to what we would normally be doing in school and the children currently in our key worker bubbles will be completing this challenge.

Monday: Daily mile – can you scoot, ride or jog for one mile?

Tuesday: Try a new activity. This could be anything active that you don't normally do at home. You could show your grown ups how we do yoga in school

(<https://www.youtube.com/user/CosmicKidsYoga>) or try one of Oti Mabuse's daily dance classes [https://www.youtube.com/channel/UC58aowNEXHHnflR\\_5YTtP4g](https://www.youtube.com/channel/UC58aowNEXHHnflR_5YTtP4g) or learn to play a sport/activity that your grown up likes to do

Wednesday: Set yourself a challenge. Can you catch a ball 100 times? How many skips can you do in 2 minutes?

Thursday: Learn a new skill. This could be riding your bike, riding your scooter, improving your throwing or catching, hula hooping or anything else you would like to practice.

Friday: Family Challenge. Can you encourage everyone in your house to do something active together? You could play a game like cricket, football or tennis in your garden or at the park or all take part in a Joe Wicks P.E. lesson.

We would love to see photos or messages from your child about how they are joining in. We will add a new page to the Gallery on our website so that they can see their friends joining in too. If you are happy for us to include your child's photo please send them to their year group email addresses.

If you would like to find out more about how you can join in with National Schools Sports Week please visit <https://www.youthsporttrust.org/national-school-sport-week-home#:~:text=National%20School%20Sport%20Week%20at%20Home%202020,in%20enhancing%20young%20people's%20wellbeing.>

Kind Regards,

Banks Road Staff