



PE Top 5 Websites



	<p>https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</p>	<p>Providing fun and energising daily workouts, with no equipment needed, we are sure that most people have been having a go at the PE with Joe. Get the whole family involved. He has a number of fitness videos on his YouTube channel and this is where you can find the PE sessions for children too, Monday-Friday, 9am.</p>
	<p>https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/</p>	<p>Sing-a-long and follow the simple dance moves. Children may be familiar with the site, as some teachers use in class. Go Noodle: Good Energy at Home is a free online resource that provides tons of ways for kids and families to be active, stay mindful, and keep on learning.</p>
	<p>https://www.youtube.com/results?sp=mAEB&search_query=kids+bop+dance+along</p>	<p>A famous music brand for kids, the 'Kidz Bop' kids have made several 'dance along' videos demonstrating simple moves for children to try at home. Why not get inspired by trying the dance tutorials, then have a go and developing your own dance routine and sending a video to show your class teacher?!</p>
	<p>https://www.healthykids.nsw.gov.au/campaigns-programs/munch-move-resources/fun-moves-videos.aspx</p>	<p>This website has some short videos explaining what to look out for in basic "PE skills" such as overarm throwing, running and so on. Although the videos focus particularly on EYFS and KS1, the skills demonstrated are essential for children's participation in sport and physical activity throughout life, and can be practised by all primary aged children.</p>
	<p>https://www.youtube.com/user/CosmicKidsYoga</p>	<p>Yoga, mindfulness and relaxation designed especially for kids. The videos aim to make yoga and mindfulness fun for kids. Cosmic Kids uses stories and playfulness to engage the children in various techniques that have huge benefit.</p>



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It is imperative that children are given lots of opportunity to move and exercise and invaluable for their physical and mental health – the government recommends at least 2 hours per week. Due to social distancing guidelines and 'lockdown situation' rules being followed, clearly not all the curriculum can be taught at home – team games for instance won't be possible. However, there are parts of the curriculum that children can continue to develop at home, even with limited resources.

The KS1 PE National Curriculum states:

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination.

- *master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities*
- *perform dances using simple movement patterns.*

The KS2 PE National Curriculum states:

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.

- *use running jumping, throwing in isolation and in combination;*
- *develop flexibility, strength, technique, control and balance;*
- *Perform dances using a range of movement patterns;*
- *Compare their performances with previous ones and demonstrate improvement to achieve their personal best.*

Any opportunities for the children to do this should be taken. Activities could include:

- Throwing overarm and underarm to a target such as another person catching, into a box/cup etc.
- Throwing and catching various objects such as tennis balls, footballs, balled-up socks etc.
- Catching one handed and two handed
- Using racquets or bats to hit a ball
- Jumping over objects
- Kicking a ball to someone else or against a wall
- Throwing a ball in the air and seeing how many claps you can do before catching it again.
- When out on a family walk or run – can you run a short distance to build up speed, or run a longer distance to build up stamina?
- Have you tried to run or walk a mile a day?
- Skipping – with or without a skipping rope!
- Walk along narrow surfaces marked out on the floor by lengths of string.



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- If you have a garden, could you create an obstacle course for all the family to try and time yourselves? Can you beat your times?
- Why not video yourselves practising various skills, watch it back and see if you can spot any improvements that could be made?

Stockport SHAPES Alliance, who provide specialist PE support and training opportunities to Stockport schools, have offered some PE based resources to help with the home learning of PE during the lockdown period. There is a family lockdown challenge with different games to try as a family at home. In addition, there are some skills based resource cards, providing ideas on how to practise racquet skills at home. They have provided the resources cards for EYFS, KS1 and KS2, but can be adapted for older children too if required!

Fun Challenge: Can you spell out your name using the activities listed below? Feel free to adapt if some activities are too tricky!

what's your name? Fit activity for kids

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

A jump up & down 10 times	N pick up a ball without using your hands
B spin around in a circle 5 times	O walk backwards 50 steps and skip back
C hop on one foot 5 times	P walk sideways 20 steps and hop back
D run to the nearest door and run back	Q crawl like a crab for a count of 10
E walk like a bear for a count of 5	R walk like a bear for a count of 5
F do 3 cartwheels	S bend down and touch your toes 20 times
G do 10 jumping jacks	T pretend to pedal a bike with your hands for a count of 17
H hop like a frog 8 times	U roll a ball using only your head
I balance on your left foot for a count of 10	V flap your arms like a bird 25 times
J balance on your right foot for a count of 10	W pretend to ride a horse for a count of 15
K march like a toy soldier for a count of 12	X try and touch the clouds for a count of 15
L pretend to jump rope for a count of 20	Y walk on your knees for a count of 10
M do 3 somersaults	Z do 10 push-ups

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM