**Year 5/6**

**CREATE A MEAL PLAN FOR AN ATHLETE**

* Think about a sports person you look up/aspire to be like- what is their name, what sport do they play……. Use the internet to find out some key facts about them- age, height, weight, hours they spend training every week…..
* Think about how many calories they are likely to burn during their training and competing.
* Using the NHS Eat Well Plate as a guide- but remember they will need to eat more than a non athlete as they will need extra energy-
* Design a weekly plan for them:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Mon | Tue | Wed | Thur | Fri | Sat | Sun |
| Breakfast |  |  |  |  |  |  |  |
| snack |  |  |  |  |  |  |  |
| lunch |  |  |  |  |  |  |  |
| snack |  |  |  |  |  |  |  |
| tea |  |  |  |  |  |  |  |
| snack |  |  |  |  |  |  |  |

*Talk it through with someone in your class or family member to see if there is anything else you haven’t thought of!*

*Have fun, stay active, stay safe ☺*



**Year 5/6**

**CIRCUITS**

Over the next few weeks it will be more important than ever for young people to keep fit and active.

All young people should aim to be physically active for 60 minutes each day.

* Try and do as many of these activities in your garden, benefiting from the fresh air, as possible.
* Please ensure you have enough room to do these activities and perform them in a safe manner.
* There are 2 spaces for your ideas to be added at the end

|  |  |  |
| --- | --- | --- |
| **Fitness Fun Activities** | **Date** | **Completed** |
| Skip for 1 minute continuously (with or without a rope) x 5 |  |  |
| Squat X 10 |  |  |
| Hop for 30 seconds on each leg x 5 |  |  |
| Hold plank position for 30 seconds |  |  |
| 10 press ups on knees |  |  |
| Shuttle runs for 1 minute  x 5 |  |  |
| Crunch sit ups x 10 |  |  |
| Sprint on the spot for 30 seconds x 5 |  |  |
| Stand on one leg, eyes shut (time yourself) – perform on both legs |  |  |
| Jump as high as you can, then crouch down to floor x 10 |  |  |
| Your idea: |  |  |
| Your idea: |  |  |

*Talk it through with someone in your class or family member to see if there is anything else you haven’t thought of!*

*Have fun, stay active, stay safe ☺*



**Further ideas**

Here are a list of recommended links of videos which can be followed (all are free of charge);

**Active Essex**

Keep Essex Active YouTube Channel: [https://www.activeessex.org/keep-essex-active-youtube/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.activeessex.org%2Fkeep-essex-active-youtube%2F&data=02%7C01%7C%7C9bb4a6277cab4c98be6f08d7e82c500e%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637233149318961712&sdata=1Ka%2BamZIeqCG%2F2y69LQfjX5C9%2B09K1KSWsfrQwjcBkY%3D&reserved=0)

A Monday to Sunday timetable of ‘classes’ live on their You Tube Channel covering 4 areas- Gentle exercise, High impact, Health and wellbeing and Active families.

Keep Essex Active from Home: [https://www.activeessex.org/keep-essex-active/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.activeessex.org%2Fkeep-essex-active%2F&data=02%7C01%7C%7C9bb4a6277cab4c98be6f08d7e82c500e%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637233149318971662&sdata=3kLFCbDDntK0oRYF1%2FL2JycuPL1li59boxbViSsqbvY%3D&reserved=0)

**Youth Sport Trust #StayHomeStaySafe**

[www.youthsportstrust.org/free-home-learning-resource-primary](http://www.youthsportstrust.org/free-home-learning-resource-primary)

Primary and Early years sections. Early years there are 4 resources. Primary there are 3 resource areas- 1) PE home learning (athletics, dance, games, gymnastics, health related exercise, inclusion, locomotion, outdoor and adventure) 2) 60 second challenges (x20 challenges) 3) Active learning- how to include English and Maths in physical activities

**Sport England- Stay in work out initiative- Get active at home, Get active outdoors tabs for further links**

<https://www.sportengland.org/stayinworkout>

**Change4life Activities for Children**

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

**Chance to Shine cricket**

<https://www.chancetoshine.org/staying-active-during-the-covid-19-outbreak?utm_source=Portal+Teachers&utm_campaign=5811d5dc45-EMAIL_CAMPAIGN_2020_04_24_03_37&utm_medium=email&utm_term=0_b4486fc5f7-5811d5dc45-138455733>

**Cosmic Kids Yoga – Youtube- Yoga and Mindfulness is the focus**

<https://www.youtube.com/results?search_query=cosmic+yoga>+

**Joe Wicks Kids Workouts – Youtube**

HIIT (High Intensity Interval Training) sessions for children  (5min videos can be done in a small space), Kids Workout – The Body Coach TV. Every morning at 9am the body coach will be hosting a live workout session for children on his YouTube Channel

<https://www.youtube.com/results?search_query=joe+wicks+kids+workout>

**Imoves Activities** <https://imoves.com/>

**Go Noodle**[www.gonoodle.com](http://www.gonoodle.com) Free to sign up for families and educators

**BBC SuperMovers** <https://www.bbc.co.uk/teach/supermovers/super-movers-day/zbmnnrd>

**Cosmic Kids Yoga – Youtube** https://www.youtube.com/results?search\_query=cosmic+yoga+

**Healthy Futures – http://eepurl.com/gVYzoD**

You will receive a weekly food and activity log plus daily exercise videos to keep your children active! You just need to sign up as a parent

**Sporting Challenges:** NEW Everyday we will be uploading a daily sporting challenge that can be completed at home, we encourage everyone to get involved on the hashtag #HFhome

**@GetSet4PE**  will be tweeting an active task each day that schools are closed

**Imovement** : To sign up, all you need to do is use the link join.theimovement.com  its free to join just click on the link or follow on twitter @imovesactive The imovement is separate to their paid for imoves and will be 100% free.