**KS1 PE**

**10 activities to do when you are on your daily walk**

Remember walk 2 metres apart, be careful when touching opening and closing gates- use your hand gel after touching any locks and wash your hands thoroughly when you get home. Have fun on your walk!

1.When you go for a walk see if you can find 3 different types of leaves- can you use the pictures below to identify them?

Oak leaf                Ash leaf                     Chestnut leaf   

Beech leaf                   Maple leaf

 

2. Can you find a twig that looks like a letter of the alphabet?

3. How many other people do you see on your walk?

4. Spot someone wearing green (walking, driving or gardening).

5. Can you spot a black car?

6. Can you hear different types of birds singing?

7. Walk for 10 strides then jog for 10. Can you do this for the whole length of your favourite song from your phone.

8. Can you spot any yellow or white flowers?

9. Stop at a lamp post and do 5 start jumps. At the next lamp post jog on the spot for 10 seconds. At the next lamp post skip on the spot for 10 seconds.

10. Gather some twigs and leaves during your walk so that when you get home you can create a new play area for some of your toys

**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.