How it Works

The aim is for these activities to be easy to complete at home and adaptable for all ages and to promote physical activity and healthy lifestyles in a fun and engaging way. Just click on links to access!

Top Tips for Staying Healthy

This week have you...

✓ Drank 2 litres of water a day
✓ Eaten 5 pieces of fruit/vegetables a day
✓ Been active for 60 minutes a day
✓ Slept for around 10 hours every night

Which activities have you completed this week?

○ Made one of the breakfast recipes
○ Tried the Squat Jump challenge
○ Done PE activities at home
○ Played Crush and Squirt Turtle Travel or Danced with Oti
○ Practiced breathing techniques
○ Any extra physical activity

The 5 areas are:

○ Healthy Lifestyles
○ Personal challenge
○ PE at Home
○ Physical Activity
○ Mindfulness

Share your activities on Twitter with us @KingsburySSP

#stayhomestayactive #stayinworkout #stayhomesavelives
Extra Information

We have created a directory of all the online resources available for anyone to access to complete physical activity at home. This is alphabetized by sport or activity. Just hover over the links to access the websites. New links have been added this week!

We also have some weekly challenges uploaded to our twitter page from Toddler Challenges, Physical Activity ideas for EYFS, KS1 and KS2. Follow us at:

@KSSPCoaches
@KSSPSGO

At the end of the week, you can ask your children:

✓ Which activity they enjoyed the most? Why?
✓ Why is a healthy lifestyle important?
✓ Could they create their own activity linked to something they have already done?
✓ What would they like to do next week?

Coming Soon...

Super 60 Squad!

This is our new challenge to see how much daily physical activity you are doing every day - the target is 60 minutes a day! More information and details of how to take part coming next week!

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Healthy Lifestyles

Breakfast is the most important meal of the day to make sure you are ready for learning and to be active!

We have chosen some simple yet tasty recipes you could make at home with your grown-ups.

There are three to choose from and you could make for the whole family throughout the week. Just click on the picture for the recipe or see the parent’s resource.

There are also plenty more healthy recipes you can access on the C4L Smart Recipes App – click on the picture for more information.

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Personal Challenge

Try at the beginning of the week and then practice throughout the week and then try again on Friday – have you improved your score?

This week’s Personal Challenge is the 20 second Squat Jump challenge.

How many squat jumps can you perform in 20 seconds?

Stand behind a line and jump forwards, perform a squat and then repeat!

Why not compete against a family member?

How many did you do?

Can you increase the time you complete the challenge for?

Can you reach a set target of squat jumps in the time given?

Can you multiply your score by 2? By 5?

Add up how many squats you can do as a family?

Share your attempts @KSSPSGO

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PE at Home

Yorkshire Sport have developed a series of videos for PE at home. They begin with a skill to develop, moving on to sport specific and then ends with a fun game.

This week the focus is on Fundamental Movement Skills and Coordination.

There are two videos to access – the first is appropriate for EYFS and KS1. The second for KS2 – just click on the picture!

Fundamental Movement Skills:

Footwork patterns

Coordination Skills: Tennis

We have also included the PE at Home cards – this week the focus is Cricket. These are appropriate for EYFS to KS2. Please click on the link below to access.
Physical Activity

As children, you should be trying to do 60 minutes a day of physical activity. This can be bursts of 10 minutes throughout or could be 60 in one go – if you are going on a long walk or a bike ride.

Each week we will give you two different physical activities you can try at different points in the day throughout the week.

**Crush and Squirt’s Turtle Travel**

Whoa dude! It’s time to catch a wave like Crush and Squirt, can you make it onto the right current?

To get started you’ll need to make a Squirt-style turtle by filling up socks then tying them up.

Lay out a t-shirt each on the floor, as this will be the current.

Everyone takes it in turns to be like Crush. With your back to the current, throw your turtle over your shoulder, aiming to land on the current. If you miss, you have to crawl on your hands and knees to get it back. Keep going until your turtle lands perfectly. If it’s too easy, move your t-shirt further away.

**Dance Class – Trolls**

Fancy learning a new dance routine? Click on the link to learn a dance from the Trolls film with Oti Mabuse.

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Mindfulness

Mindfulness activities include learning how to control our emotions and being able to relax. We have chosen some different videos that focus on breathing techniques and controlling your energy levels. Just click on the video to access.

**On and Off**

This will teach you to turn high, stressful energy off so you can do what you need to and be your best self!

**Bring it Down**

This teaches how to gain control of your stressful energy when it becomes too hard to handle!

These videos come from GoNoodle’s Flow channel. You can sign up at [www.gonoodle.com](http://www.gonoodle.com) for access to these videos and many more.

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