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 3 Sugar Swaps this week
✓ Tried the Slalom Run Challenge
✓ Had a go at Gymnastics or Seated Volleyball
✓ Played Train of Thought or completed a Fitness activity
✓ Been on a Rainbow Walk

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

Remember to access our directory of all the online resources available for physical activity at home. This is alphabetized by sport or activity. Just hover over the links to access the websites.

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

SUPER 60 SQUAD

This is our participation challenge to track how much daily physical activity you are doing every day – the target is 60 minutes a day! We will be running this each week until the end of term!

Check out the poster at the end of the pack for more information and how to take part!

Click on the link to enter the Super 60 Squad Challenge

https://forms.gle/E7u9wMVFhLJthm348

Have you entered your minutes from last week?

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Healthy Lifestyles

When it comes to cutting down on sugar, even just 1 or 2 everyday swaps can really make a difference to how much you are eating!

Making a cereal swap at breakfast, having a lower-sugar yoghurt, or switching to a slice of malt loaf or a scotch pancake as an afternoon snack are just a few of the easy ways to help make a day healthier.

Check out some of the swaps you could make for different times in the day?

Check out the C4L website for more ideas! (click image)

Drink Swaps

<table>
<thead>
<tr>
<th>Swap from</th>
<th>Swap to</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fizzy drinks</td>
<td>Water</td>
</tr>
<tr>
<td>Juice</td>
<td>Sugar free/No added sugar drinks</td>
</tr>
<tr>
<td>Drinks</td>
<td>Lower-fat Milks</td>
</tr>
<tr>
<td>Milkshakes</td>
<td></td>
</tr>
</tbody>
</table>

Pudding Swaps

<table>
<thead>
<tr>
<th>Swap from</th>
<th>Swap to</th>
</tr>
</thead>
<tbody>
<tr>
<td>cake bars</td>
<td>sugar-free jelly</td>
</tr>
<tr>
<td>chocolate</td>
<td>lower-sugar yoghurt</td>
</tr>
<tr>
<td>pudding pots</td>
<td>fresh or tinned fruit</td>
</tr>
<tr>
<td>doughnuts</td>
<td></td>
</tr>
</tbody>
</table>
Home Learning Packs – Week 5

Personal Challenge

How many slalom runs can you complete in 60 seconds?

Layout 3 objects, 3 steps apart in a straight line. You must run in and out of the objects and back to the start to complete 1 slalom run.

Can you improve the number of slalom runs you complete in 60 seconds over the week?

✓ How many can you complete in 30 seconds?
✓ Can you run in and out of 5 objects?
✓ Who is quickest in your family?
✓ Can you practice your times tables while completing it?
✓ Can you increase the distance between the objects to make the course longer?

Share your attempts @KSSPSGO

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PE at Home
This week we have chosen Gymnastics as a focus from Yorkshire Sport.

Gymnastics is fantastic for improving balance, coordination and developing a strong core as well as good posture.

The first video is around travelling and basic shapes, which you can then create a sequence with and perform to your family!

The second focuses on developing rocking and rolling skills.

The PE at Home cards, suitable for EYFS through to KS2, have a focus on Seated Volleyball this week! Click image to access

#stayhomestayactive #stayinworkout #stayhomesavelives
Physical Activity

For EYFS and KS1, this week you can look at different emotions and how they are expressed in a fun, active way!

Train of Thought

Make up some actions for different emotions: Joy, Sadness, Fear, Anger and Disgust.

Now run in a big circle and act like the Train of Thought.

Take it in turns to shout out an emotion. Everyone stops on the spot to act out that emotion.

For KS2 this week the focus is on fitness. Try out the workout Pump it Up with Fresh Start Fitness!

Aim to do it every morning this week. There are other workouts you can do if you enjoy this one at www.GoNoodle.com

Can you get your grown ups to join in with you?

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Mindfulness
“Be mindful of the beautiful colours around us.”

Take some time out your day to go on a Rainbow Walk with your family.

While you are out and about, see if you can find different things in the environment that are colours of the rainbow. These can be natural or manmade objects.

Red, Orange, Yellow, Green, Blue, Indigo, Violet.

Record what you see using either a camera to take photos, draw the different items or write it down with some adjectives to describe them using your senses.

😊😄😢😞

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Super 60 Squad

This is our new participation challenge for all children to get involved in.

Help your children keep track of their physical activity to see if they can hit the daily recommended target of 60 ACTIVE minutes per day!

This can be playing in the garden, cycling, walking, dancing, football, tennis - ANYTHING!

Help them upload their weekly progress onto our google form where they can receive a certificate and then be entered into our prize draw.

Can you be part of our Super 60 Squad?

Click on the link to the form for more details.

https://forms.gle/fy9wMVfHlJfhm348

www.kssp.co.uk

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