Home Learning Packs

Every week Kingsbury School Sports Partnership will be releasing a Health and Wellbeing home learning pack.

These will be ready to upload to your schools online learning platforms at the beginning of each week and will be suitable for EYFS all the way through to Year 6!

We hope you enjoy taking part in the activities – please share any videos and pictures and tag @KingsburySSP on twitter to celebrate your children’s achievements!

How to use

Each week 5 different activities will be uploaded for you to choose to complete at your leisure. The aim is for these activities to be easy to complete at home and adaptable for all ages.

You will be able to click on the links directly to access the websites used or recreate the templates for some of the activities if you cannot print off.

The aim is for this pack to promote physical activity and healthy lifestyles in a fun and engaging way.

The 5 areas are:

- PE at home
- Healthy Lifestyles
- Physical Activity
- Personal challenge
- Mindfulness

We also have a TOP TIPS for staying healthy at the end of the pack!

After the activities

At the end of each activity – can you tell your grown up how you feel?

At the end of the week, you could 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?

There is also a tick sheet at the end so you can tick off what you have completed.

Send in any suggestions you may have to your teachers or tweet us @KingsburySSP.

We hope you enjoy it!

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**PE at Home**

These cards have been created to support Physical Education in the home. These are designed for Early Years, Key Stage 1 and Key Stage 2.

This week we have included the Outdoor Adventurous activities. These have been uploaded to your school’s online learning platform or you can access by clicking on the image below.

**Healthy Lifestyles**

In this activity, we want you to find out what foods you need to eat to keep you healthy.

You can watch the following video as an introduction.

**EYFS** – can you create an animal or human face using the different fruits and vegetables you have in your house. Take a picture of it and then enjoy eating it! Which fruit or vegetable was your favourite?

**KS1** – can you find different examples of the food groups in your kitchen? You may need to ask a grown up to help you find the correct food.

- Carbohydrates
- Protein
- Dairy produce
- Fats and Oils
- Fruit and Vegetables

**KS2** – can you find out what a balanced diet should include? You could draw a picture to show this. You could create a table with the different food groups.

Can you explain to your family what you have learnt?
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.

Dance

Superhero Dance Off

Your forcefield has made you invisible, so it's time to dance like nobody's watching! Choose your favourite music to play and start dancing, ask someone to pause the music at different points and when it stops – make a superhero pose!

Start dancing when the music starts again. Play with your family – who can make the best superhero pose? Who has the best dance moves? Can you change the superhero pose each time? Can you play for 10 minutes without stopping?

Games

Indoor Bowling

Can you be king or queen of the pins?

Find a space in your house or garden, can you find 10 household objects of similar size – you could use boxes from the recycling or empty bottles? Set these up in a triangle shape:

Now using either balls (suitable for indoor), rolled up socks up balls of paper, roll the ‘ball’ underarm towards the pins. How many can you knock down in one go? How many in two?

Play with members of your family. Can you keep score and play for 5 rounds? Who won? How can you improve your accuracy?
# Personal Challenge

Each week we will set a personal challenge for you to complete. Can you have a go at it on Monday – record your score. Then practice it throughout the week and try again Friday – have you beaten your score?

This week’s challenge is to see how many claps you can do between throwing up a ball and catching it. If you don’t have a ball – try a pair of rolled up socks or a ball of paper.

Check out the video of our SGO trying it – can you beat her?
https://twitter.com/ksspsgo/status/1255847652484317189

# Mindfulness

Mindfulness is really important for our wellbeing as it can help us with our emotions especially if we are upset or angry. Yoga is a fantastic way for us to calm down and focus yet still being active. We would like you to try some Yoga this week which have been linked to some popular stories.

EYFS – The Very Hungry Caterpillar

KS1 – Going on a Bear Hunt

KS2 – Harry Potter and the Philosophers Stone

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Extra Resources

We have created some extra resources to support your children with their learning for the healthy lifestyles activity on a separate document which you can access on your school’s online learning platform.

There is also a record sheet for your children and family to complete based on the activities in the pack – have you done something each day? Have you done anything extra? Let your school know how you have got on.

We also have some weekly challenges uploaded to our twitter page from Toddler Challenges, more Physical Activity ideas for KS1 and KS2 and we will also share links for other fantastic resources online to support keeping your children active and engaged. Click on the links below to access.

@KSSPCoaches
@KSSPSGO

Top Tips for Staying Healthy

This week I have...

- 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

Tick which activities you have completed this week and record any extra activities you have done in the empty box.

- Completed a PE at Home activity
- Learnt about how to eat healthy
- Tried the Personal challenge
- Tried the Yoga activities
- Played Indoor Bowling or Danced like a Superhero
- Extra:

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