






Let's get Moving!

Please have a look at the suggestions below to make sure that you are looking after your fitness and wellbeing whilst being off school. Have fun with it!

<p>Monday Motivation</p> 	<p>Terrific Tuesdays</p> 	<p>Wild Wednesdays</p> 	<p>Thursday Training</p> 	<p>Flexible Fridays</p> 
<p>Warm Up - Follow the leader Person at the front moves around the space doing different movements or does static movements like Jumping Jacks, jogging on the spot, hopping, marching. Swap leader after 1 min and repeat 3 times.</p> <p>Action Race: This is a fun game using actions. Use actions like jump, hop, clap, run etc. Have a chair at the other end of the room. Call out an action, e.g. "Jump". The children must jump to the chair on the other side of the room sit down in their chair and say, "I can jump". If there are more players you can get into</p>	<p>Warm Up – Jogging, Skipping and running gently for 5mins. The main aim is to increase your heart rate so that it is pumping the blood around your body at a good rate and ensuring that all your muscles are ready for movement.</p> <p>Colour Game – Have a point in a room or in the garden, call out a colour. Child has to find the colour then get straight back to the point as quick as they can.</p> <p>Grab a Ball X10 Squats with ball above your head</p>	<p>Warm Up - Follow the leader Same as Monday but see if you can do it animal themed.</p> <p>Activity 1 – Move Like A... In this activity you will call out all different animals and the children will move like it. Start with animals from the jungle then move to animals from the sea</p> <p>Activity 2 – Animal Charades Like the classic game of charades, this activity requires players to act something out using gestures and motions without using any words</p> <p>Activity 3 – Monkey Tag Like the classic game 'it' but who ever is on has to act like a monkey. If only 2 people are playing take it in turns to be 'on'</p>	<p>Warm up - TRAFFIC LIGHTS: See if the children can remember how to play this game, and ask them to remind you what each colour means Red=? Amber=? Green=? Add in more colours that have different commands</p> <p>Challenge 1 - See if you can complete 12,000 steps today!</p> <p>Challenge 2 – Complete the daily mile</p> <p>Challenge3 –Design your own obstacle course</p>	<p>Warm Up – Colour & Object game Call out different colours and objects and the children run to find them</p> <p>Stretches – Follow the attachment</p> <p>Shapes – Go over all the basic shapes, straight, tuck, star, pike, straddle you can move to more advances like front support, back support, dish and arch</p> <p>Simon Says – Play Simon says with the shapes</p> <p>Point balances – Get the children to perform different balances using a different number of points on the floor,</p>

<p>teams and first to get to the chair and call out gets their team a point.</p> <p>Fun circuit training Draw pictures of different activities and place them around the room – or all over the house. Visit each picture and do the activity – e.g. hop on one leg 10 times, do 10 star jumps, 10 squats, 10 step ups, jog on the spot for 30 seconds, climb the ladder for 30 seconds.</p>	<p>X10 toe taps on the ball X10 star jumps</p> <p>Stretches – Side-bend, calf stretch, quadriceps stretch, groin stretch,</p> <p>Throw & Catch</p> <p>Aim to roll or throw to different targets</p> <p>Ball control – stop the ball by placing your foot on top of the ball and killing its speed</p> <p>Passing – Pass the ball by kicking and rolling</p> <p>Dribbling – Control the ball using small nudges and tap the ball with your feet.</p> <p>Shooting</p> <ul style="list-style-type: none"> • Inside foot shot (accuracy) • Laces (power) <p>If you have a racket try some tennis skills, balancing the ball on the racket, hit the ball from a throw</p>	<p>Activity 4 - Animal races Hop like a bunny or frog; squat and waddle like a duck; and so on</p> <p>Activity 5 – Safari Lost in the Jungle Move around the space you have pretending you are on an animal safari point out all the different animals you see, OR pretend you are lost in a jungle use different levels to move around through the space.</p> <p>Activity 6 –Not so sleeping lions Dance, jump, move around to music and as soon as the music stops you need to drop to the floor and pretend to be a sleeping lion</p>		<p>eg 1 point balance – stand on one leg, 2 point balance - one hand and one foot see if children can do 3 or 4</p> <p>Hula Hooping!</p> <p>Levels – Move around the space and call out different levels low, medium and high</p> <p>Speeds – Move around and call out gears 1-5. 1 being very slow & 5 being fast</p> <p>Create a Routine – Add in shapes, balances, levels and a starting and finishing position</p> <p>Look at ‘Gymnastics Resource KS1’ for some more gymnastics ideas</p>
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There is a link below for 'The Body Coach' who will be doing a live PE fitness session for children and their parents every day at 9am whilst schools are closed. It would be great to know that all of Kew Riverside were doing this together each day!

<https://www.youtube.com/thebodycoachtv>

**What else can you try? There are many suggestions below.
Keep varying what you try so that the exercise stays interesting.
Set yourself daily goals to reach and beat...**

- Take this Disney sports quiz and see which activity it suggests for you! <https://www.nhs.uk/change4life/activities/disney-sports-quiz>
- 10 Minute Shake-up! Change4Life and Disney have teamed up to bring you new Shake Up games inspired by Disney and Pixar's *Toy Story 4* and *Incredibles 2*, and Disney's *The Lion King* and *Frozen*. These 10-minute bursts of fun will really get you moving and count towards the 60 active minutes needed every day! <https://www.nhs.uk/10-minute-shake-up/shake-ups>
- Visit www.youtube.com/user/CosmicKidsYoga to try out one of their sessions.
- Try out a Go Noodle video. Daft but so much fun! www.youtube.com/user/GoNoodleGames/featured
- Become a super mover at www.bbc.co.uk/teach/supermovers - active learning to the max!
- Choreograph a dance to your favourite song! This is a great way to get your heart pumping and allows you to be creative. If you're in dance club, you could teach a family member the routine!
- Just Dance – if you don't have the game, there are lots available on YouTube with your parent/carers' permission
- The floor is lava! Put cushions and tea towels on the floor to help you make your way around the room without touching the floor.
- Musical bumps or statues. The perfect opportunity to revive these favourite party games.
- Dodge ball or catch in the garden
- Have your own family Sports Day! Egg and spoon at the ready...
- Hula Hooping!
- Jump rope – see if you can make your own rhymes to go with it!