

# CHERRY ORCHARD PRIMARY SCHOOL



WE  P.E.

## Lets get Active @ Home

Lots of you are already trying different ways of staying active @ home. Well done and keep it up!

For those of you who would like some more ideas, we have selected some of the organisations, out there, who are offering resources and activities to support health, fitness and skill development.

P.E. is a statutory part of the national curriculum. Please try and include a daily activity as part of your homeschool learning. This will ensure your child is continuing to develop the necessary fundamental skills they need.



**SPORT ENGLAND**

Sport England has started #StayInWorkOut campaign.

They have great ideas for working out in the house and the outdoors. There are lots of fantastic links on their website.

'Join the movement':

[https://www.sportengland.org/stayinworkout#join\\_the\\_movement](https://www.sportengland.org/stayinworkout#join_the_movement)

IF YOU HAVE BEEN FOLLOWING 'THE BODY COACH' (JOE WICKS), KEEP IT UP! HERE IS A LINK TO HIS YOUTUBE CHANNEL [HTTPS://WWW.YOUTUBE.COM/CHANNEL/UCAXWIXT0IEJ00TYLRFN6RYQ](https://www.youtube.com/channel/UCAXWIXT0IEJ00TYLRFN6RYQ) THESE IDEAS CAN BE INSTEAD OF, OR IN ADDITION TO 'PE WITH JOE'.



Youth Sport Trust are a children's charity who work to ensure children receive the



**YOUTH SPORT TRUST**

opportunities to enjoy the benefits of play and sport. They are offering lots of free resources to help support P.E. Home Learning, please take a look and try some of their great ideas and initiatives


<https://www.youthsporttrust.org/pe-home-learning>

They have included specific games and activities with resource cards, video tutorials and/or ideas for [Early Years](#), [Primary](#) and [Inclusion](#).



Jump Rope UK have some great ideas in their 'At Home Resources' section

<https://www.jumpropeuk.com/at-home-resources/>

Active Herefordshire and Worcestershire (formerly SPHW)  have great links and ideas on their website for:

- Gentle Activity: looking to build strength through a range of stretching and movement exercises
- Active Learning: ideas for active Maths and English.
- With the kids: lots of great links to child friendly mindfulness, yoga and even Disney dance-alongs.
- PE: focusing on curriculum games and activities.

<https://www.activehwc.co.uk/stay-active-at-home>

### change 4 life

A NHS initiative with brilliant health & fitness guidance and advice. Including food information and recipes. Their 10 minute shake up games are fantastic, particularly for younger children.

<https://www.nhs.uk/change4life/activities/indoor-activities>

If you have any questions or require further support please contact Miss McGrath for more information.

Send pictures and videos of you getting involved to your class teachers

**STAY AT HOME** 

**PROTECT THE NHS**

 **save lives**