

School Closure – PE, Physical Activity and Wellbeing

Keeping children active for their physical and mental well being is essential during these unprecedented times.

During a normal school day, children access fresh air, play space and a variety of equipment every morning for 15 minutes and every lunch time for at least 30 minutes.

In addition, they would normally also have 2 PE lessons a week.

We would therefore encourage you to try to give children a similar routine if possible from home. Ensuring they have regular physical activity break will help them to settle to more focussed concentration as well as ensuring they are getting much needed oxygen circulating, positive endorphins (good vibe hormones) and generally feeling active and happy.

Below is a list of links to websites. These sites will provide a wide variety of physical activity from short Active Blasts to lengthier workouts and routines.

Physical activity and wellbeing does not always have to be high energy. Yoga and mindfulness activities are also highly important in maintaining a healthy lifestyle. Providing children with a sense of calm and relaxation in these uncertain and different times are important for helping to keep children calm and stress free.

There are several such sites in the links below.

Children do not always need to have the stimulus of a video / computer link to be active.

Sustained vigorous activity that raises the heart rate for 20 minutes could include a garden circuit, use of the trampoline, practicing tricks with a basketball, skipping rope or juggling balls as well as or a high paced walk, run or bike ride.

We have been advised as a nation to maintain a healthy lifestyle and are still being encouraged to go for a walk or run or cycle ride so long as it is in wide open spaces and you are maintaining a distance of 2m from other individuals.

The National Trust have confirmed that all their parks and large spaces will be kept open free of charge (although cafes, shops etc will be closed).

We have many such facilities nearby – Killerton and Knightshayes for example as well as Haldon Forest

Please visit the websites for each facility via www.nationaltrust.org.uk or www.britishorienteering.org.uk to find activities you can do whilst visiting such as the orienteering courses to add some interest, learning and challenge to your walks.

In addition to the sites listed below please remember that the children all have their own personal log-in for Phizifit (www.phizifit.com) so they can continue to work through the tasks on each level available to them. Children have been reminded of their log-in details

With all of the ideas above and links below there are opportunities for you to be active WITH your children.

A kitchen disco to your favourite songs will go a long way to putting smiles on everyones faces as well as helping with our physical wellbeing – why not get everyone in the house to choose their 2 favourite songs to create your kitchen disco playlist!

I have also included below other suggestions for listening activities for those times when you don't require or need visual stimulation.

I hope these suggestions will help to keep everyone, active and energised as well as relaxed and calm as and when needed.

Mrs Moran

Suggested websites, links and audios

<https://phizifit.com>

www.youtube.com/user/CosmicKidsYoga

<https://bbc.co.uk/teach/super movers>

<https://theimovement.com/>

<https://watch.lesmillsondemand.com>

<https://www.daviessports.co.uk/60-second-personal-challenge>

www.plpprimarystars.com

YouTube video sites also have a wealth of active songs/routines to follow.

Once on the Youtube platform try searching for:

<https://www.youtube.com/watch?v=HK2ZRia9Wfw&feature=youtu.be> a Flourish Yoga online session with Mrs Gunningham

Joe Wicks – he’s going to be doing a PE session at 9am every morning at 9am from Monday

Kids Yoga

Go Noodle

Just Dance

Listen Only options...

If you prefer to not have a video led platform there are some ‘listen only’ options for example if you have a music subscription you can search for yoga or mindfulness tracks such as:

Kira Willey – Mindful Moments for Kids

Still Quiet Place – mindfulness for young children

Or search the web for:

Smiling Mind – an audio only mindfulness package