

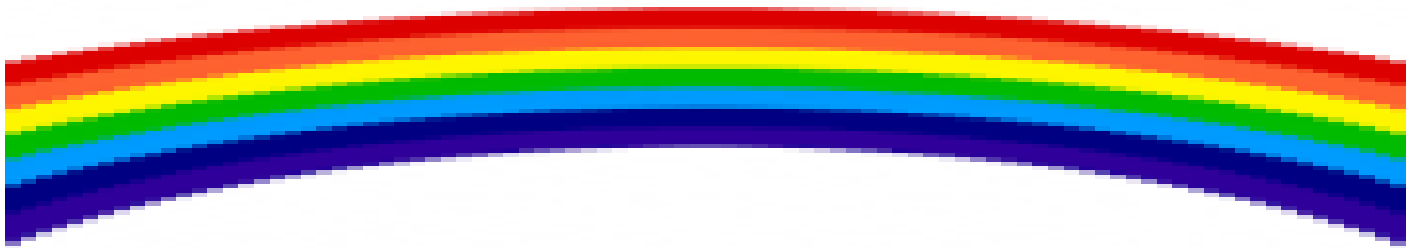
## HOME PE WITH MERTON SCHOOL SPORT PARTNERSHIP

More information can be found here: [www.mertonssp.org.uk/home-pe-mssp](http://www.mertonssp.org.uk/home-pe-mssp)

### Have FUN, Be ACTIVE

We want you to stay active and healthy and keep developing your physical skills whilst you are at home school.

**To watch the Home PE with MSSP Daily Challenge please click the link below. You simply click on the rainbow and it shows you all the daily challenges including an introductory video.**



### Types of activities

Each day our Partnership team of sports coaches will send a very basic home video with an idea for an activity. These will be games, skills, thinking challenges and team work activities that follow the following

weekly plan to give all participants a varied range of challenges:

🌈 **Movement Mondays:** Agility/Balance/Travelling/Co-ordination/Body Control

🌈 **Target Tuesdays:** Accuracy/Object Control/Skill based

🌈 **Workout Wednesdays:** Strength/Stamina/Fitness/Speed/Flexibility

🌈 **Thoughtful Thursdays:** Mindfulness/Cooperation/Creativity/Strategy

🌈 **Festival Fridays:** A task based around our school games competitions/festival calendar

Some of these activities will raise your pulse more than others. Some will be repeated later on in the term. You may like to change them to better suit your ability and we will try to give you ideas to make it easier or harder. You might have to improvise with random household items, just be careful not to break anything and check with your adult that it is safe first.

**Every day you should try to raise your pulse for around an hour in total.** This may sometimes be during one of our activities but, when it's not, you can still do pulse raising activities for yourself. Being active is so important for us all, especially when you are young, so keep moving every day.

### What is a Pulse Raiser?

*A pulse raiser is an activity that raises the heart rate, increasing blood flow through active muscle, and raises body temperature*

For more on pulse raiser activities see the information below and follow the link to other [Physical Activity Resources](#) that might help.

1. Check with your adult that you are able to do the activity **safely** in your home space and that it's not too challenging for you physically. We are all different and you may need to adjust the activity to suit your body and ability. Your adult will need to check the way you do the activity or the technique is correct and won't cause you any harm.
2. Ask your adult or siblings to join in with you if they can.
3. It is important to be active everyday so you can choose other activities as well as our challenges. Try to do this every day if you can.

More information can be found here: [www.mertonssp.org.uk/home-pe-mssp](http://www.mertonssp.org.uk/home-pe-mssp)