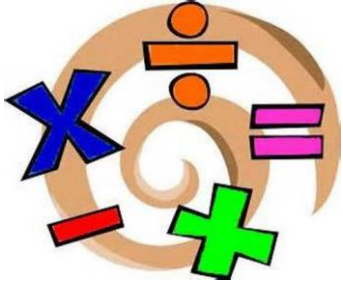






Let's get Moving!

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>Mathematics Monday</p> 	<p>Target Tuesdays</p> 	<p>Walking Wednesdays</p> 	<p>Thirty Training</p> 	<p>Fun 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>Count how many times you can throw and catch an object in 60s standing on the spot.e.g Tennis Ball Above head with two hands and then progress to one hand.</p> <p>Progressions. 1)Larger object 2)Throw higher 3)Standing on one leg</p> <p>Timetable relay – Best done in pairs, set out a start and finish point. First person runs out and says a number for example 8 then runs back, the net person</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>Grab a Ball X10 Squats with ball above your head X10 toe taps on the ball X10 star jumps</p> <p>Stretches – Side-bend, calf stretch, quadriceps stretch, groin stretch,</p> <p>Objectives. Develop throwing / kicking accuracy. Throw & Catch</p>	<p>Warm Up - Follow the leader Same as Monday but see if you can do it animal themed.</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 - 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>Do 30 repetitions of the following exercises. 1)Star Jumps 2)Squats 3)Sit Ups 4)Push Ups 5) Burpees 6) Rock to stand 7) Step Ups</p> <p>Simplify the exercises if you must, to ensure you complete the amount of</p>	<p>Warm Up – Colour & Object game Call out different colours and objects and the children run to find them</p> <p>Objectives. Chose your preferred sport and develop skill for that particular sport.</p> <p>E.g Football 1)Beat your kick up score.2)Balance the ball on your foot for as long as possible.3)Varied Target shooting (5meter pass in to a target, 10meter lob in to a target, 20meter shot in to a target.4)Dribble with your weaker foot.</p> <p>E.g Gymnastics Shapes – Go over all the basic shapes, straight, tuck, star, pike, straddle you can</p>

<p>then runs out and says the next number in the sequence '16'. This gives children time to think of what comes next.</p>	<p>Create a target to hit from a distance, ensuring you are challenging yourself.</p> <p>Throw, Roll & Kick</p> <p>Progressions.</p> <ol style="list-style-type: none"> 1) Increase distance 2) Throw/kick with weaker hand/foot 3) Throw / kick as many as you can in 30s 		<p>repetitions. e.g. Push ups on knees.</p> <p>Hold for 30 seconds</p> <ol style="list-style-type: none"> 1) Wall Sit 2) Plank 3) Balance on one leg 4) V-sit (dish hold in gymnastics) 	<p>move to more advanced like front support, back support, dish and arch</p> <p>Simon Says – Play Simon says with the shapes</p> <p>Hula Hooping!</p> <p>Levels – Move around the space and call out different levels low, medium and high</p> <p>Create a Routine – Add in shapes, balances, levels and a starting and finishing positions</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.
- Dodge ball or catch in the garden
- Have your own family Sports Day! Egg and spoon at the ready...
- Jump rope – see if you can make your own rhymes to go with it!