

## **Home Learning Ideas for Physical Development**

**Spring 2022**

### **Healthy Selfie Challenge!**

Can you take a photo of yourself taking part in some physical activity and submit it to your portfolio on Class Dojo?

How fast can you get changed? Can you beat 10 minutes? Or perhaps you can even get changed in fewer than 5 minutes? You will need to change out of your pyjamas or clothes and put on some socks, some trousers or leggings, a t-shirt, a long-sleeved top of some kind and a pair of trainers or similar. Remember those extra layers if you are going outside!

### **Home Sport Recommendations**

- Joe Wicks' physical activity sessions are back. This lockdown Joe will appear 3 times a week at 9am on Mondays, Wednesdays and Fridays. You can find them on his 'Bodycoach' Youtube channel and they are particularly good for children of all ages (and adults alike). They involve working at a medium to high intensity for 20 to 30 minutes: <https://www.youtube.com/channel/UCAxW1XT0iEJoOTYlRfn6rYQ>
- Cosmic Kids Yoga on YouTube is great for physical activity as well mindfulness training - this is more of a low to medium intensity activity with yoga moves based on a story or theme to make it more appealing: <https://www.youtube.com/user/CosmicKidsYoga>
- The Change 4 Life pages include ideas such as games, recipes, activities and information about healthy living. The 10 minute 'Shake Up' games in the 'Activities' section are a fun way to take a break from your other online learning: <https://www.nhs.uk/change4life>
- Go Noodle has lots of fun and upbeat dance videos to follow; Banana, Banana, Meatball is a particular favourite: <https://family.gonoodle.com/>
- 60 Second Challenges, also from the YST, are engaging, simple challenges to do either for a fun break or to try to set personal bests. Children could also compete against a family member: <https://www.youthsporttrust.org/60-second-physical-activity-challenges>
- If you feel like doing something a bit later in the day, the YST also has a 30 minute 'After School Club' activity session which runs on Tuesdays and Thursdays at 5pm. It covers a range of different sports and activities: [www.youthsporttrust.org/AfterSchoolSportClub](http://www.youthsporttrust.org/AfterSchoolSportClub)