

March 2020

Dear Parents

During the time that schools are closed due to Covid 19, it is important that pupils and their families remain as active as possible, both for their physical health and mental wellbeing.

If families need to remain indoors, there are a number of free physical activity resources that can be accessed on-line:

Real PE at home / Real Play This is from the publishers of the Real PE scheme that we use in school.

Each school has its own log-in details. The home log-in details for our school are: The website address is: **home.jasmineactive.com**

Parent email: parent@penkethsou-1.com

Password: penkethsou

Real PE at home includes an online programme which supports families to be active, play and learn together. It includes a programme specifically for children in Early Years and Key Stage 1 with 12 themes, 6 areas, over 250 activities and challenges and 1000s of hours of fun and activity. This programme is also great for family play and fun. It also includes a programme for children in Key Stage 2, with daily and weekly guidance provided for both programmes in addition to an option to choose your own themes and activities.

Creative Steps This is a local dance provider whose resources we use in school. Home learning dance ideas are available for children to do on their own, with a sibling or with parents.

Visit their website www.creativesteps.co and there should be a parent link 'Remote learning' awaiting your click.

They also have a sister company – Dance Steps for community classes. They are now running these online and opening the classes to everyone.

www.dancesteps.co

Go Noodle Shorts bursts of physical activity, already used by some classes in school.

Visit www.gonoodle.com Then click on 'Go Noodle for families'.

You Tube Lots of resources and ideas here.

***JUST DANCE** - so many fun routines for children to copy and dance along with - a hit for all ages! Here's one example:

<https://www.youtube.com/watch?v=dpY4ZTV7Fm0>

***JOE WICKS** - Joe has now produced lots of family/child-orientated workout videos. Here's one example:

<https://www.youtube.com/watch?v=mhHY8mOQ5eo>

***5-a-day FITNESS** - popular with children in class and in assemblies.

BBC Super Movers "Fun curriculum linked resources to get your class moving while they learn."

<https://www.bbc.co.uk/teach/supermovers> (Copy and paste into the address bar if this link doesn't work.)

Change4Life

"Kids need to be active for 60 minutes a day. From our fun 10 Minute Shake Up games to information about active hobbies and sports, here's everything you need to get your family moving."

<https://www.nhs.uk/change4life>

If all else fails, put on a favourite piece of music (close the curtains if you're worried what the neighbours might think!) and just get moving.

Let's hop, skip, jump, dance, twirl, stretch, bounce, gallop, side-step, wriggle, cartwheel, roll and shimmy through this together!