

Rights Respecting School

ARTICLE 12

You have the right to information.



Onthank's Virtual Healthy Classroom

GoNoodle® to get up and move to fun, engaging content and games.
<https://www.gonoodle.com/>



Please click on the link below to try an activity every day.

<https://www.elsa-support.co.uk/wellbeing-week-daily-resources/?fbclid=IwARORiJwmwYNLB5wpExOS7>

Please click on the link to find lots of Paddington Activities

[Paddington Activities.pdf](#)



Health and Wellbeing

I am learning to develop movement skills Follow the Cosmic Kids Yoga Adventure!



Try to get some fresh air each day by going for a walk or a cycle (remember to wear your helmet) with an adult from your home if it is safe to do so or playing in your garden.

Health and Wellbeing

I am learning to develop my fitness levels.

Task:

P.E with Joe Wicks!

Join in with Joe Wick's live workout at 9am on YouTube or choose a children's workout from his channel!



I am learning to follow a dance routine.

Task:

Let's get active and follow this Zumba dance routine!

Make up your own dance moves to the song and teach them to someone at home.

Click on the link.

