

## Rights Respecting School

### ARTICLE 12

You have the right to information.



## Health and Wellbeing

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



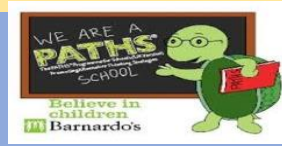
## Onthank's Virtual Healthy Classroom

GoNoodle® to get up and move to fun, engaging content and games.

<https://www.gonoodle.com/>

Please click on the link to find lots of Paddington Activities

[Paddington Activities.pdf](#)



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

[https://www.elsa-support.co.uk/wellbeing-week-daily-resources/?fbclid=IwAR0RiJwmw\\_YNLB5wpExOS7](https://www.elsa-support.co.uk/wellbeing-week-daily-resources/?fbclid=IwAR0RiJwmw_YNLB5wpExOS7)



## 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.



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.

