



Dear Parents/Carers,

We hope you and all your families have enjoyed our sports week. We would like to share some more useful websites and fun ideas for you to try at home to support childrens physical development. If you have any videos or photos of your children taking part in any of the activities we would love for you to share them with us. Not all activities will suit the needs of every child therefore; they can be adapted to suit. Please remember we are here to help. So firstly:

## Stay Active | KA Leisure

Stay Active. With the current Covid-19 restrictions it undoubtedly seems harder to fit exercise and movement into your daily routine. However, staying active is more important than ever at the moment, both for our physical and mental health.

[kaleisure.com](http://kaleisure.com)

# CLASSES **LIVE** ON FACEBOOK

## Mon 8th - Sat 13th June

<b>MONDAY</b>	
Grit Cardio with Lisa	9am - 9.30am
Stress Less with Carole	2pm - 2.30pm
Evolve (Indoor Cycling) with Erin	5pm - 6pm
Booty Blast with Lindsey	7pm - 8pm
<b>TUESDAY</b>	
Yoga with Eleanor	9.30am - 10.45am
Nursery Rhymes / Baby Ballet with Vanessa (15 mins each)	12pm - 12.30pm
Walking for Weight Loss with Louise	2pm - 2.30pm
Fatburn with Claire	6pm - 7pm
<b>WEDNESDAY</b>	
Body Combat with Erin	9.30am - 10.30am
Chair Exercises with Kirsty	12pm - 12.30pm
Yoga with Eleanor	6pm - 7pm
<b>THURSDAY</b>	
Keep Fit Low with Kirsty	10.45am - 11.15am
Body Attack with Danielle	5pm - 6pm
<b>FRIDAY</b>	
Attack Inspired with Danielle	9.30am - 10.30am
Family Workout with Nikki & Lilly	11am - 11.30am
HIIT with Mark	1pm - 1.30pm
Sh'Bam with Lisa	5.30pm - 6.15pm
<b>SATURDAY</b>	
Abs Blast with Kirsty	10am - 10.30am

 | leisure #StayHomeStayActive

This timetable is updated weekly with a variety of physical activities that caters for all the family.

### **Sing Together: rhymes and songs**

(Sing lots of familiar rhymes together, and make up your own silly rhymes.)

*Eg: 5 little monkeys jumping on the bed*

*One fell off and bumped his head*

*Mummy called the doctor and the doctor said*

*"No more monkeys jumping on the bed!"*

*4 little monkeys jumping on the bed ...*



Your child can teach you lots more or try this website which has the words and sings it for you:

[http://www.nurseryrhymes4u.com/NURSERY\\_RHYMES/COUNTING.html](http://www.nurseryrhymes4u.com/NURSERY_RHYMES/COUNTING.html)

This site has a variety of action songs and rhymes I'm sure you will all enjoy.

**Let's get active:** Sticky Kidz. This is a great activity that supports physical fitness and listening and attention skills. As children really enjoy taking part in this at nursery I thought it would be nice to share. Here is a link - just choose the songs with your child/ren and enjoy.

<https://www.youtube.com/channel/UC4u3fUr5gb7MrMLzj6J2UA>

### **Let us Keep Fit:**



<https://watch.lesmillsondemand.com/born-to-move-free>



**The Wiggles: Social Distancing:** This is a great song to support children's understanding of social isolation.

Visit The Wiggles' website: <http://TheWiggles.com.au>

Like The Wiggles on Facebook: <http://facebook.com/TheWiggles>

Follow The Wiggles on Twitter: <http://twitter.com/TheWiggles>

Follow The Wiggles on Instagram: <http://instagram.com/TheWiggles>

Follow The Wiggles on Spotify: <https://ab.co/TheWigglesSpotify> Tiny the T-Rex | A Cosmic Kids Yoga Adventure!



Cosmic Kids Yoga. Available on 


### Daily walk challenge


Can you find...  a red door

 rainbows

 chimneys

 birds

 a satellite dish

 a postbox

 sheep

 dogs

 children

 a caravan

 a yellow car

 someone jogging

ELLEBELLE DESIGNS



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How many balloons can you get in the basket? You can also put numbers on the balloons. Can you catch pig number 6?

Number the balloons 1-10.

Houses and Homes. Activities and Games. <https://www.twinkl.co.uk>



### Fun Sensory Play

Get your child moving with our Sensory Activity Cube!

They will get great sensory input, practice gross motor skills and get some much needed movement! 😊🧒

FREE printable, no sign up required here =>

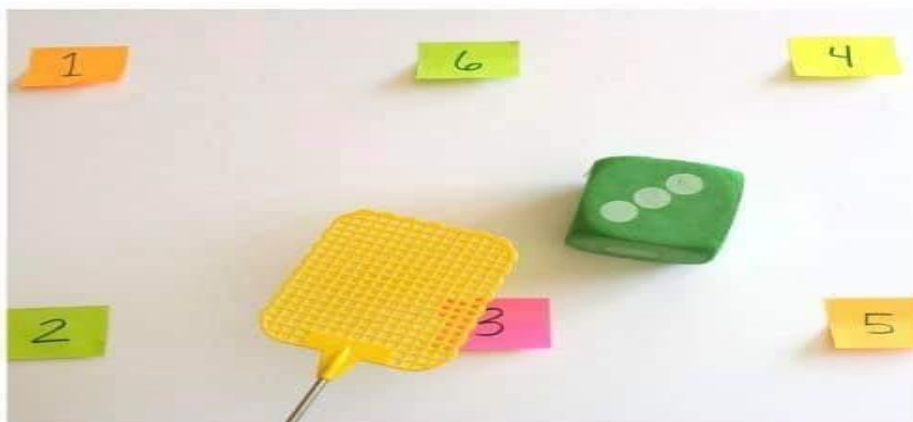
<https://funsensoryplay.com/sensory-activity-cube>



To make this suitable for all age groups change the numbers for example 1-5. Can you get it through number 3? Take notes on player's marks and then add them up, who has the most?



For this you will need fly swatters and balloons. You can play this on your own or with all your family members.



**SMACK THE  
NUMBER**  
Counting Game

**What to do:** Every trip outside – even when keeping physically distant from other people and avoiding playgrounds – is an opportunity to explore nature. There are lots of ways that you can encourage your child to be curious about the natural world around them.

Here are a few ideas to do together:

- Stop and listen to the sounds of nature – “Can you hear the birds? Can you spot them?”
- Turn over a log or stone to discover who’s hiding below.
- Point out a spider’s web on railings or a bush. Or perhaps the shiny snail trail on the doorstep – but can you find the snail?!
- Feel the rough bark of a tree or cold soil and stones; sniff to see which flowers and plants smell; listen to the wind or rain and feel them on your face; taste the salty sea air; watch how the sky changes...

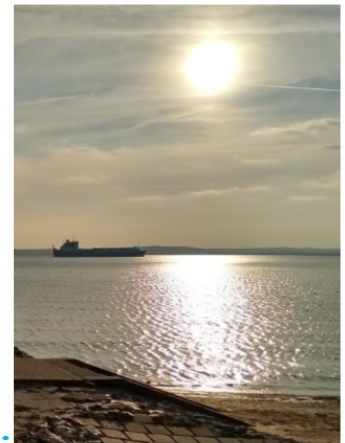
Children often find these everyday things fascinating and will enjoy exploring and chatting with you about their discoveries.



**How it helps - exploring outside helps children to:**

- use all their senses - sight, smell, sound, taste, touch
- learn from being outside and exploring nature
- improve their physical development – helping co-ordination and strengthening big muscles (gross motor skills) as well as small ones (fine motor skills)

**Research has shown that time spent outdoors improves physical and mental health - lowering stress levels and helping improve memory, problem-solving and attention.**



Challenge videos will continue to be available from the Loudoun website listed below for you and your family to watch and complete as often as you like.

**Monday introduction**

- 1). Lisa's Keep Fit
- 2). Fiona's Sock Bounce

**Tuesday**

- 3). Laura's Sock in the Pot
- 4). Margret-Ann's Balancing Minnie

**Wednesday**

- 5). Laurens Apple & Spoon race
- 6). Amy's Sack Race

**Thursday**

- 7). Trish's Welly Boot Throw
- 8). MR Bleakley's Wheelbarrow Race

**Friday**

**Special Prize Giving Message!!**

<https://blogs.glowscotland.org.uk/na/loudounmontgomeryprimaryandearlyyears/>

If there is anything else you need support with, please feel free to contact us. Tracey Stevenson

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Remember we are here to help. Please stay safe and take care.

Sending love from all at Loudoun.

