



Health and Wellbeing Tasks

Week - 27.4.20



Hello Everyone - I hope you and your families are all well! This has been a busy week as we have been 'on tour' and out visiting many of you. This was great fun and really good to see all of you! We loved your window displays and hearing about all the cooking, baking and playing you are doing at home!

Teachers on Tour

If we didn't come and see you could you please send us a message on teams, email the school or even give the school a call as Miss Flint and I will be out again soon so we will add you to our next list!



Task 1 - Keep Active

During this time it is so important to keep active. I have included some diary ideas to help you record some activities that you have been doing. You can use these as a template to make sure you do your 1 hour active time a day.

Weekly Planner South Ayrshire Active Schools Stay active at home with the Active Schools Team

To maintain a basic level of health, children and young people aged 5 to 18 need to do... **AT LEAST 60** minutes of physical activity **EVERY DAY!**

PE with Joe Wicks
9am
20 minutes
The Body Coach TV

Skills Session with Active Schools
2pm
20-30 minutes
@ActiveSchoolsSA

Family Walk, Run or Cycle*
Evening
20-30 minutes

*You can go for a walk or exercise outdoors if you stay more than 2 metres from others outside your household.

Being active for at least 60 minutes a day is linked to:
-Improved coordination
-Stronger muscles & bones
-Improved physical fitness
-Healthy weight
-Improved sleep
-Improved concentration
-Improved mood
-Increased energy levels

Encourage kids to **RUN** **WALK** **PLAY** **CYCLE**

South Ayrshire Active Schools
@ActiveSchoolsSA

Activity Diary South Ayrshire Active Schools Stay active at home with the Active Schools Team

To maintain a basic level of health, children and young people aged 5 to 18 need to do... **AT LEAST 60** minutes of physical activity **EVERY DAY!**

	Activity	Time
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Encourage kids to **RUN** **WALK** **PLAY** **CYCLE**

South Ayrshire Active Schools
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Task 2 - Kindness

We talked a lot about kindness and how to be kind to others in school but now you are at home you must keep being kind to those in your family. When we are all together for a long time this can be hard! Watch this clip on being kind and think of ways that you can spread kindness and 'colour your house in kindness' this week.

<https://www.youtube.com/watch?v=rwelE8yyYOU>



I hope you enjoy some of these activities - next week we will look at some ideas and fun ways to keep you active in the house!

Take care and stay safe,

Mrs Kay

