[](https://www.google.co.uk/url?sa=i&url=https://commons.wikimedia.org/wiki/File:Rainbow-diagram-ROYGBIV.svg&psig=AOvVaw1S4VMWq3HAZpAPcHVTc_Ss&ust=1588095701035000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCICYpeSTiekCFQAAAAAdAAAAABAD)**Keep on Keeping Healthy Exercise Log** [](https://www.google.co.uk/url?sa=i&url=https://commons.wikimedia.org/wiki/File:Rainbow-diagram-ROYGBIV.svg&psig=AOvVaw1S4VMWq3HAZpAPcHVTc_Ss&ust=1588095701035000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCICYpeSTiekCFQAAAAAdAAAAABAD)

Over this week we would like you to try and complete as many Healthy activities as you can and keep a log of these below.

Have fun and we look forward to seeing what you have been getting up to.

1 activity a day is a bronze medal, 2 activities is a silver medal, 3 activities is a gold medal!

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_ Class:\_\_\_\_\_\_\_\_\_ Team\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Put what you completed in here** |  |  |  |  |  |
| Colour or write in your medal | Olympic Medal Coloring Page Printable | Olympic medals, Olympics |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **‘Keep on Keeping Healthy’ Activity Grid**  **Please make sure you are being careful when completing any of these activities and that you are supervised by an adult.** | | | |
| **SMOOTHIE MAKER**  Can you make up your own smoothie and share with your family as a healthy start to the day?  C:\Users\sally.bell\AppData\Local\Microsoft\Windows\INetCache\IE\AYD0BVVW\Blueberry-Banana-Smoothie[1].jpgWhat ingredients will you put in? | **STAMINA**  Can you cycle, walk, jog, run or scoot for;  P1 – 3: 15 minutes without stopping?  C:\Users\sally.bell\AppData\Local\Microsoft\Windows\INetCache\IE\CU119CXT\running-character[1].pngP4 – 5: 20 minutes  P6 – 7: 25+ minutes  How far did you go?  Who completed it with you? | C:\Users\sally.bell\AppData\Local\Microsoft\Windows\INetCache\IE\AYD0BVVW\Bucket-PNG-HD[1].png**ASSAULT COURSE**  Can you design your own assault course?  What different things will you include?  How long did it take you to complete?  Who else can you get to complete it? | **VIDEO MAKER**  Can you create your own;  **C:\Users\sally.bell\AppData\Local\Microsoft\Windows\INetCache\IE\P4W2TT83\pattern[1].jpg**  Just Dance  Joe Wicks  Cosmic Yoga  What actions will you put in? |
| **DANCE**  Can you play a game of musical statues with others in your house?  Who stayed still the best?  C:\Users\sally.bell\AppData\Local\Microsoft\Windows\INetCache\IE\AYD0BVVW\musicnote[1].jpg | **MINDFULNESS**  C:\Users\sally.bell\AppData\Local\Microsoft\Windows\INetCache\IE\CU119CXT\mindfulness[1].jpgComplete a Cosmic Kids yoga session, here’s some to choose from;  FROZEN:  <https://youtu.be/xlg052EKMtk>  TROLLS:  <https://youtu.be/U9Q6FKF12Qs>  TWILIGHT THE UNICORN OF DREAMS:  <https://youtu.be/RLOOOjGAM1s> | C:\Users\sally.bell\AppData\Local\Microsoft\Windows\INetCache\IE\P2HQ2QN0\skill[1].jpg**BE THE TEACHER**  What is your skill?  Can you teach someone in your family/house your skill?  For example; Sporting skill, karate, dance move, Yoga pose | **NATURE WALK**  Can you take a walk with your family and play eye spy?  **C:\Users\sally.bell\AppData\Local\Microsoft\Windows\INetCache\IE\P2HQ2QN0\simple-leaf[1].png**How many different things did you spy along the way?  How many animals?  Plants?  Water ways? |
| **SPELLING FITNESS CHALLENGE**  Spell your name and complete the challenges;  **A – 10 Jumping Jacks N – 4 Lunges**  **B – 30 Second plank O – 3 Burpees**  **C – Crab walk 5 metres P – 10 second Rocket jumps**  **D – 10 press ups Q – Run on the spot 1 min**  **E – 10 sit ups R – 7 Jumping Jacks**  **F – 5 Cartwheels/egg rolls S – 4 leg kicks**  **G – Headstand/Balance T – 5 sit ups**  **H – 4 rolls of your choice (be careful) U – 15 second plank**  **I – 10 Toe touches V – 3 cartwheels/egg rolls**  **J – 5 tuck jumps W – Arabesque/Starship balance**  **K – 5 press ups X – 2 rolls of your choice (be careful)**  **L – 3 spins Y – 5 lunges**  **M – 10 leg kicks Z – 8 Jumping Jacks** | | **Eat a Rainbow**  Can you try a new vegetable for lunch or dinner  OR  C:\Users\sally.bell\AppData\Local\Microsoft\Windows\INetCache\IE\P4W2TT83\South-Africa-indigenous-fruit-and-vegetables2[1].jpgCan you eat 3 different colours of vegetables with your lunch or dinner? | **DAILY CHALLENGES**  Go to our Daily PE Challenges on Twitter  @WLPENetwork  How many challenges can you do?  What did you score?  C:\Users\sally.bell\AppData\Local\Microsoft\Windows\INetCache\IE\P2HQ2QN0\the-challenge[1].pngCan you challenge someone in your house to complete them too? |
| **CREATIVE LEADERS**  What activities can you think of? Can you make up an activity or a game to share with other boys and girls? | | | |

**Please make sure you share with us what you are doing either by uploading on Teams**

**Other Useful Websites:**

**Joe Wicks Daily PE Workout**

<https://www.youtube.com/playlist?list=PLyCLoPd4VxBvQafyve889qVcPxYEjdSTl>

**Cosmic Kids Yoga**

<https://www.youtube.com/user/CosmicKidsYoga>

**Just Dance**

<https://www.youtube.com/channel/UChIjW4BWKLqpojTrS_tX0mg>

**Kidz Bop**

<https://www.youtube.com/user/KidzBopKids/videos>

**Oti Mabuse & Marius Lepure Online Dance Class**

<https://www.youtube.com/user/mosetsanagape/videos>

**Zumba Kids on Go Noodle**

<https://app.gonoodle.com/channels/zumba-kids>

**Dance with Maximo on Go Noodle**

<https://app.gonoodle.com/channels/maximo>

**Mindfulness on Go Noodle**

<https://app.gonoodle.com/channels/flow>

**Super Movers**

<https://www.bbc.co.uk/teach/supermovers>

**Jumpstart Jonny**

<https://www.jumpstartjonny.co.uk/home>