**LVPS Health Week** 

Welcome to our Health Fortnight 2020.

From the **15th June until the 26th June** 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.

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class:\_\_\_\_\_\_\_\_\_ House:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Week 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **What did you do to be healthy today?** | **Sports Day** |  |  |  |  |
| **Did you complete the daily PE Challenge on twitter?**  @WLPENetwork Look out for additional challenges on @LVPSsportandPE |  |  |  |  |  |

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| **Week 2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **What did you do to be healthy today?** |  |  |  |  |  |
| **Did you complete the daily PE Challenge on twitter?**  @WLPENetwork  Look out for additional challenges on @LVPSsportandPE. |  |  |  |  |  |

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| **Health Fortnight Activity Grid**  **Please make sure you are being careful when completing any of these activities and that you are supervised by an adult.** | | | |
| **Healthy Eating Recipes**  With the help of an adult, could you make a healthy and tasty recipe?  See the recipes pack for some ideas to get you started.  <https://tinyurl.com/recipepack>  Remember you must have adult supervision if you would like to complete this task. | **Stamina**  Can you cycle, walk, jog, run or scoot for;  P1 – 3: 15 minutes without stopping?  P4 – 5: 20 minutes  P6 – 7: 25+ minutes  How far did you go?  Set yourself a goal for the next time you try.  Who completed it with you? | **Garden Assault Course**  Safely design your own assault course. Think about how you could safely create obstacles that you could go over/under/around.  How long did it take you to complete the course?  Who else can you get to complete it?  Did they beat your score? | **Design your own exercise**  Create your own exercise routine that you can share with people in your house.  For ideas think about exercise videos that you might have used at home like Joe Wicks, Just Dance or Cosmic Kids Yoga. |
| **Game Creator**  Can you create a new game for the people in your house to play?    For ideas think of the games that you enjoy the most in PE.  How could you use that game to make a new game? | **Mindfulness**  Complete a Cosmic Kids yoga session.  Try to relax, stay calm and enjoy the story that accompanies the movements and actions.  How do you feel after the yoga? Is it different to how you felt before? | **You are the Teacher**  Teach a skill to someone in your house.  Pick a skill that you are confident performing.  Remember to be patient and give positive feedback.  Skill ideas: rugby pass, keepy uppies, dance move, Yoga pose, | **Nature Walk**  Can you take a walk with your family and play eye spy?  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 –5 Squats 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 – 5 Squats**  **L – 3 spins Y – 5 lunges**  **M – 10 leg kicks Z – 8 Jumping Jacks** | | **House Banner**  Can you design your own House Banner?  Make sure you include   * Your House team * Your name * Colours * Livingston Village Primary School * Date | **PE Daily Challenges**  Go to the Daily PE Challenges Twitter at @WLPENetwork.  How many challenges can you do?  What did you score?  Can you challenge someone in your house to complete them too? |

**Please make sure you share with us what you are doing either by uploading on Teams or sending to your teacher to be shared @LVPSsportandPE and on the blog**

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| **Joe Wicks Daily PE Workout**  <https://www.youtube.com/playlist?list=PLyCLoPd4VxBvQafyve889qVcPxYEjdSTl>  **Cosmic Kids Yoga**  <https://www.youtube.com/user/CosmicKidsYoga>  **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>  **GBX Exercise Class (For Older pupils P5/6+)**  <https://www.facebook.com/140123476092919/posts/2539736046131638/> |