

## Early Level PE Home Learning

### Physical Activity Diary.

It's important to stay active for at least 60mins per day and this can even be broken into lots of shorter activities.

Use this page to draw a picture of what you are doing to stay active every day.

<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Weekend</b>

Here are some ideas of how you can keep active at and around your home

<b>Balloon keepie uppies</b>	<b>Play simon says</b>	<b>How many skills can you do with a hula hoop</b>	<b>Play Hopscotch</b>
<b>Ask Alexa to play Musical statues</b>	<b>Create an obstacle course in your living room</b>	<b>Go for a walk/ walk your dog</b>	<b>Throw and catch a ball on your own</b>
<b>Ride your bike/scooter</b>	<b>Dance to your favourite songs</b>	<b>Throw and catch a ball with someone in your family</b>	<b>Balance on different body parts while watching TV</b>

**Websites that have further ideas:**

Yoga and Mindfulness- Cosmic kids

<https://www.youtube.com/watch?v=tWSgNEs4IPg>

This can help settle you down or refocus if staying inside gets too much.

5 minute move for kids from The Body Coach- Joe Wicks

<https://www.youtube.com/watch?v=xbVr38Bhe7E>

<https://www.youtube.com/watch?v=d3LPrhIOv-w&list=PLYCLoPd4VxBuxu3sLztrvWFehzv-LnR2c&index=1>

What a great way to start your day

Just dance on you tube

[https://www.youtube.com/watch?v=Jf\\_dEcqeJWo](https://www.youtube.com/watch?v=Jf_dEcqeJWo)

No need for a games console. You can copy these dance moves and keep active