

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.

Monday	Tuesday
Wednesday	Thursday
Friday	Weekend

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

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

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

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