

PHYSICAL ACTIVITIES

for Home Learners

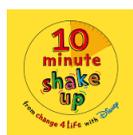


Remember to keep your children physically active during lockdown to help with mental health and concentration levels to complete their home learning activities. Here are a few links below to help your children keep active during the lockdown:

North Yorkshire Sports have designed an Ultimate Warrior Challenge. This consists of 4 challenges to be completed in one go (without a rest between each) and can take place indoors or outdoors. The closing date to submit your best individual score is **Friday 19th March 2021**.



All instructions (including a video of how to do them) and how to register scores can be found through this link: [North Yorkshire Sport - Ultimate Warrior - Primary](#)



[Disney Shake Up Games | 10 Minute Shake Up | Change4Life \(www.nhs.uk\)](#)

These are for younger children and would be ideal to do between work sessions to reinvigorate them and get ready for the next lesson.

[The Daily Mile at Home | The Daily Mile UK](#)

As many schools have taken on the daily mile, this link is for The Daily Mile (UK) and there are 15 weekly challenges that children can do with their other family members.



[Chance to Shine](#) are offering active sessions via its portal. There are sessions for at school in the playground, in the classroom and many 'At Home' ideas, perfect for lockdown and don't require any real equipment.

It is free to sign up to and has lots of classroom lessons all designed to follow the National Curriculum. Please sign up if you haven't already and help to keep your kids active during lockdown.

<https://www.thebodycoach.com/blog/pe-with-joe>

Joe Wicks has brought back '**PE with Joe**' to keep children active following school closures in place until mid-February. The sessions called PE with Joe are [streamed live on Wicks' YouTube channel](#) at 9am three days a week. They will be 20-minutes, half the length of the last lockdown session.

