Staying active at home (and keep learning…) 

Remember it is really important we all stay active during this time.

Children are used to be **physically active** during the school day so keeping some level of activity during the day will ensure their physical and mental health. Also, children enjoy being active!

The official guidance is that children should have at least 60 mins a day of moderate to vigorous activity.

- During moderate intensity activity children should still be able to carry on a conversation
- During vigorous intensity activity, children should find it more difficult to carry on a conversation.

Following last week’s sessions on pacing, this week is going to be a bit different.

**Mid Sussex Schools:**

This week we are looking at running or walking for a longer distance. This is in partnership with the Mid Sussex Marathon team and their sponsors Roche.

What you need to do:

1. Make sure that your school has signed up for either the Mid Sussex Mile OR the Mid Sussex Fun Run (1km). **This MUST be done by Wednesday 17th June**

2. The official event will happen the week 22nd – 26th June so this week will be a time to measure the distance and practice.

3. Work out your route to cover the distance, this could be
   - laps of your field
   - 25 times (or equivalent to the distance) up and down your netball court/ playground
   - Round the block where you live

4. See how long it takes you, can you beat your time?

**Non-Mid Sussex Schools:**

There is no reason the children don’t have a go at this challenge, the focus can be on them beating their time/ distance over the course of the 2 weeks.
Ideas for this week: Running a further distance and/or for a longer period of time

Example objective: I can run for longer

The aim going forward is to provide schools with ideas for in-school PE as well as tasks that can be completed at home. With this in mind, the following assumptions have been made: equipment will be minimal and not shared; all children will be a minimum of 2m apart.

Please start wherever you feel is appropriate.

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| 1 Warm up moves | - In their allocated space, can the children move in different ways? E.g. walk; skip; gallop; march; tiptoe with small quick steps; using slow big steps (lunging)  
- Can they change direction with control? Sharp changes, gentle changes  
- Can they move to each corner of their space, change direction and come back to the middle? | If need be demonstrate examples or identify children who have good ideas to demonstrate. However, ensure maximum time moving and least amount of time watching others. Remember to use arms when moving |
| 2 In pairs | - Set up the course, this could be:  
  - A straight running course (e.g. round the field; up and down the playground), or  
  - A Run XC course – this is a course but with other elements added in at intervals, e.g. slalom through some obstacles, speed bounce 10 times, speed up for a section etc.  
  - Decide whether you are going to run for distance or time. Once you have decided this, your partner supports/encourages/counts/times your run.  
  - Remember the only instruction is to not stop moving so you can run, walk or a combination of both.  
  - If there is a bubble of children running, there will be approx. 7 children running at one time. If they start at different parts of the course, they will stay away from each other plus it reduces the chance of racing. | Success at this task includes:  
- Keeping going throughout the task – don’t stop moving!  
- It is about PACING and not RACING  
- Beat your score |
| 3 Challenge | Challenges for the children:  
- Can they beat their time?  
- Can they run for longer without walking?  
- Can they run further? | |