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.

More online resources:

**Virtual Sussex School Games**
@sussexschoolgames
www.activesussex.org/virtual/

**Active Sussex:**
https://www.activesussex.org/activeathome/

**Youth Sport Trust**
https://www.youthsporttrust.org/free-home-learning-resources-0

**Sport England:**
https://www.sportengland.org/news/how-stay-active-while-youre-home

I am also keen for the children to keep **learning and improving**. So similar to their other subjects please find below some **PE ideas**. I am planning to put together a weekly set of ideas for the children. Please encourage them to have a go at these as part of the schoolwork.

This week the focus is on getting moving.

Can you tweet what you do….?
Ideas for this week: Let’s get moving!

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.

Being week 1 back at school, the focus will also be on the children keeping their distance and understanding their own space. Hopefully as the weeks progress, the children will get use to this and more “free movement choice” can be introduced.

Please start wherever you feel is appropriate.

### Set up
- Set up your outside space allowing a set space per child, e.g. On a netball court, set up 6 spaces per 1/3.
- To begin with I suggest you use a marker to highlight the centre of their space
- Allocate each child a space, allowing a “spare” space per 1/3 will give you flexibility
- Each space does not have to be square; the children could chalk their own shape into their allocated space however keep in mind the 2m rule
- Children could be allocated their space before leaving the classroom

I am aware that every school has different size outside spaces, please bear this in mind when zoning the space for the children.

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<th>Challenge</th>
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| 1 Warm up moves | Using their central spot:  
  - How many different ways can they move but they must keep 1 foot on their spot?  
  - How many different ways can they jump? They must land their jump with at least 1 foot on their spot  
  - Can they add a turn into their moves?  
  - Can they co-ordinate arm movements with their movements? | 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. |
| 2 Show and share | Turn and face another child, take it in turns to show and share their moves  
  - Can they choose a number of moves and put them together in a sequence/ repeating pattern?  
  - Can they practice and perfect their sequence/ repeating pattern?  
  - How can they ensure they perform the same move at the same time? | Reception & Year 1 children – up to 4 moves in total  
Year 6 children – 6 to 10 moves |
| 3 Can they put together a sequence? | Challenges for the children:  
  - Do they always need to face each other?  
  - Are they mirroring or matching each other?  
  - Can the children perform the same moves but in a different order? E.g. 1 performs moves 1 to 6, the other performs moves 6 to 1  
  - Can they add more people to the group? Work in groups of 5?  
  - Can they perform their moves in canon as well as unison? | |