






How can we keep physically active?

Here are some top tips on what you can do at home.
Follow the links or experiment with new ideas!

<p><u>Cosmic Yoga</u> A relaxing, mindfulness activity to try at home.</p>  <p>https://www.youtube.com/user/CosmicKidsYoga</p>	<p><u>Just Dance</u> Follow the routines and keep up to date with life in the music charts.</p>  <p>https://www.youtube.com/channel/UChjW4BWKLqojTrS_tX0mg</p>	<p><u>Stretches and Exercises</u> Why not try to build routine stretches and exercises in to your day? YouTube has lots of fun and creative ways to inspire this.</p>
<p><u>BBC Supermovers</u> Some great ways to practice the rest of the curriculum through physical activity!</p>  <p>https://www.bbc.co.uk/teach/supermovers</p>	<p><u>Joe Wicks Fitness</u> Follow 'The Body Coach' kids section to take part in different workouts.</p>  <p>https://www.youtube.com/channel/UCAxW1XT0IEJo0TYIRfn6rYQ</p>	<p><u>Obstacle Course</u> Can you build an obstacle course in the garden or around the house? Search YouTube for lots of fun and inventive ways to try this.</p>
<p><u>Playground games</u> Try introducing some playground games at home:</p> <ul style="list-style-type: none"> - skipping - hop scotch - twister - hoola hoop 	<p><u>Future Gardeners</u> Why not try gardening? This is a great way to keep yourself active and to help around the home.</p> 	<p><u>Invent your own activity and share with the school</u> We would love to share any inspiring ideas about how to stay fit and active at home. Tweet us at @BurtonEnd.</p>

Burton End PE and Sport

In the grid above are some ideas about how we can stay physically active at home, outside of our PE lessons in school.

Please feel free to share some of the ways you are keeping active at home so that we can celebrate it in school.

Tweet us at @BurtonEnd so we can share with the Burton End Community.