

Physical Well Being

What are we learning?

We are learning to be healthy, exercise is an important part of keeping our bodies healthy and we should do some physical movement activities every day!

Activities to do at home:

- Go outside and walk or run for 15 minutes every day
- Joe Wicks 5 mins warm up -
<https://www.youtube.com/watch?v=d3LPrhI0v-w>
- Cosmic Yoga -
<https://www.youtube.com/watch?v=TQvPiiXIlg0>
- Play musical statues
- Play 'donkey' catch – use a ball to throw to a partner, each time someone drops it they get another letter and the first to reach the word 'donkey' is out.
- Follow the yoga moves attached – see sheet
- Play tag with someone in your family
- Set each other PE challenges – can you run to the end of the garden in 10 seconds? Can you touch your toes? Can you do 10 starjumps etc.

Please remember to take photos of work that you do at home and bring it in to school when you return to share with the rest of the group or email to me on jroscoe@mhs.bfet.uk.