



PE and Keeping Active

Here are some ideas taken from activities our students have enjoyed in class over the terms in cross curricular and PE lessons, ideas taken from sessions hosted by visitors to the school, and hopefully some new activities. Most can be adapted, simplified and enjoyed in different settings.

Activity	Links to websites and YouTube videos
<p>Dance and keep fit:</p> <ul style="list-style-type: none">• Bollywood This is a mixture of numerous styles which include belly-dancing, kathak, Indian folk, Western popular, "modern", as well as jazz.• Zumba This workout incorporates the beats of salsa, flamenco, and merengue music.• Gumboot (wellie boot) dance A short while ago we had a visit from Lucky Moyo, who introduced the pupils and students to this kind of African dance.• Animal role play dance Try to move your body in the way that animals from countries all over the world would in a fun way. Younger pupils may want to dress up or make animal masks!• Creative movement Creative movement is a way to explore abstract movements, develop physical skills, channel energy and stimulate creativity and imagination.• Yoga These activities encourage breathing activities, meditation and relaxation through specific bodily poses.	<p>https://www.youtube.com/watch?v=mVhfaPpxDkw https://www.youtube.com/watch?v=EKKFJHA2oZU</p> <p>https://www.youtube.com/watch?v=C13cVfT8SJs https://www.youtube.com/watch?v=FP0wgVhUC9w https://www.youtube.com/watch?v=GRM9h8EQ6Bw</p> <p>https://www.youtube.com/watch?v=gfAScKWSDjs https://www.youtube.com/watch?v=qfiTCzKC_po</p> <p>https://www.youtube.com/watch?v=30ePPEUbwSs https://www.youtube.com/watch?v=26guG6wr5so https://www.youtube.com/watch?v=DYPTJj6hd44</p> <p>https://www.youtube.com/watch?v=NwT5oX_mqS0 https://www.youtube.com/watch?v=7JvkWXYB2eY https://www.youtube.com/watch?v=amJ87z5jVAc</p> <p>https://www.youtube.com/user/CosmicKidsYoga https://www.youtube.com/watch?v=X655B4ISakg https://www.youtube.com/watch?v=5XCQfYsFa3Q https://www.youtube.com/watch?v=dF7O6-Qablo</p>
<p>Kids' fitness</p> <ul style="list-style-type: none">• Joe Wicks fitness coach These videos can be live streamed daily for variety• Kids workout videos	<p>https://www.youtube.com/watch?v=d3LPrhI0v-w https://www.youtube.com/watch?v=Ext2jLRlaf8</p> <p>https://www.youtube.com/watch?v=L_A_HjHZxfI https://www.youtube.com/watch?v=5if4cjO5nxo</p>

Lots of bodyweight and aerobic exercises for children, teens and adults alike!

Other active ideas:

- Walk the dog safely through your neighbourhood with an adult
- Blow and catch bubbles outside in the garden. Make your own here...
- Hopscotch – use chalk to draw on the patio tiles, throw a small object like a stone onto the hopscotch and hop through, missing that square before coming back to the start again!
- Hula hoop – see how long you can keep the hoop around your waist!
- Foursquare game with a bouncy ball – great for hand-eye coordination and family fun!
- Skipping
- Relay races - ball and spoon relay
- Fitness circuit – use the video to get ideas and use cushions, chairs, broomsticks and other items around your home.
- Follow the leader
- Tag, you're it!
- Family capture the flag
- Frisbee

<https://www.youtube.com/watch?v=h4eueDYPTlg>
https://www.youtube.com/watch?v=NwT5oX_mqS0
https://www.youtube.com/watch?v=McD6_oOWs-M

<https://www.youtube.com/watch?v=ITQlgVFvFYE>

<https://www.youtube.com/watch?v=fZzswQaICfM>

<https://www.youtube.com/watch?v=0visc3p6uAA>
<https://www.youtube.com/watch?v=VUsU16k037Y>

<https://www.youtube.com/watch?v=3snA-57CiX8>

<https://www.youtube.com/watch?v=bBq2GmDHxmE>
<https://www.youtube.com/watch?v=L6P-NJNIUBA>

<https://www.youtube.com/watch?v=yYSIn9mYRcM>
https://www.youtube.com/watch?v=xi3aDcAZ_Eo

<https://www.youtube.com/watch?v=qT5msWW3Wts>

<https://www.youtube.com/watch?v=ndfhuVqRRog>

<https://www.youtube.com/watch?v=lgUyW5aGC2U>

Gardening

- Regrow all your vegetable scraps
- Grow a vegetable patch

<https://www.youtube.com/watch?v=Jze8utzpLhg>

https://www.youtube.com/watch?v=m5IW_s8u1l8

Indoor games

- Ten pin bowling
Used milk or drinks bottles with an inch of water can be used with a tennis ball in a kitchen or passage space. Number the bottles 1-10 and add up the totals each time to include Maths skills!
- Sitting volleyball
Use string for a net, approximately the height of a tennis net and tie between 2 chairs. Family members divide in half and sit on a cushion or the carpet/floor. Use a balloon or light ball.
- Boccia
Players can sit on chairs or the floor and tennis balls can be used, just put blue and red coloured dots on them.
- Table tennis
To make a bat, cut out from a cardboard box, an old shoebox a bat template and use a small foam ball if you have one. Make a net by fixing kitchen towel to thick markers and stretch across the width of a kitchen or dining table, fixing with tape.



<https://www.youtube.com/watch?v=ui4OwUW7ko>

<https://www.youtube.com/watch?v=itPWqcx7xBg>

<https://www.youtube.com/watch?v=ag1on1mmCqM>

<https://www.youtube.com/watch?v=YvEBL2D72PM>

Outdoor games

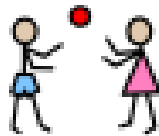
- Football
- Netball
- Basketball
- Tennis
- Badminton
- Cricket
- Throw and catch



Let's play!



More/again



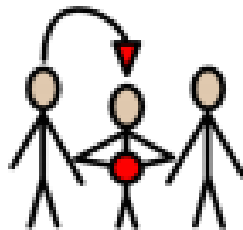
Play with
me



In the
garden



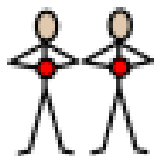
In the
house



My turn



Just me and
you



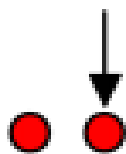
Our whole
family



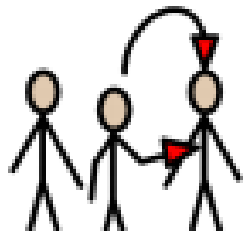
I'm happy



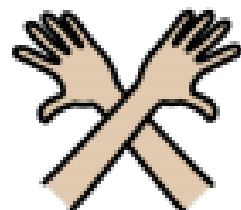
I'm tired



Another
game



Your turn



Finish

Dance activities



I/You want



Gumboot
dance



Bollywood
dance



I like



Zumba



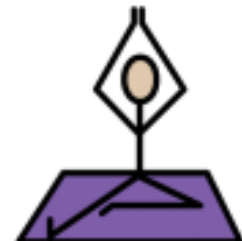
Animal role
play



I don't like



More



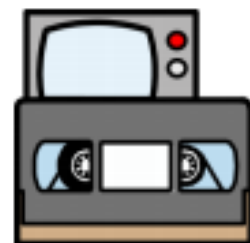
Yoga



Help



Finish

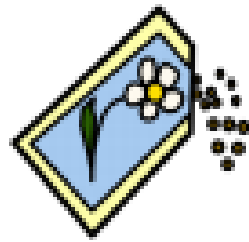


More videos

Gardening activities



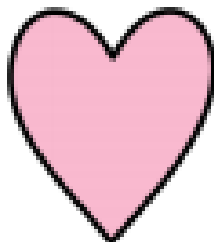
I/You want



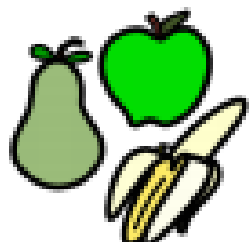
Seeds



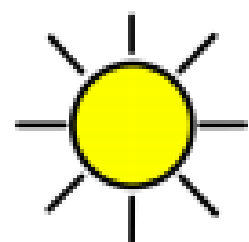
Vegetables



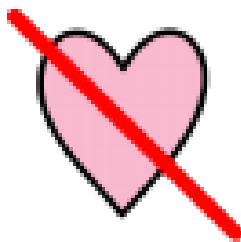
I like



Fruit



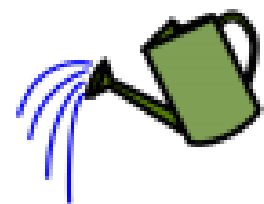
Sun



I don't like



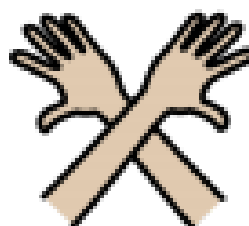
More



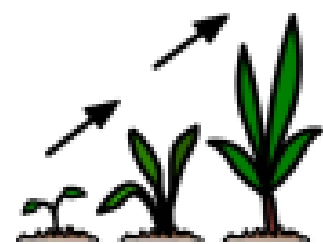
Water



Help

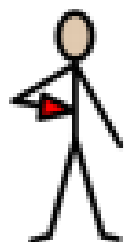


Finish

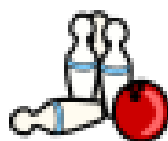


Grow

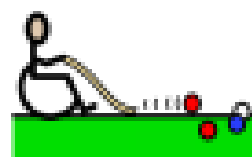
Indoor games



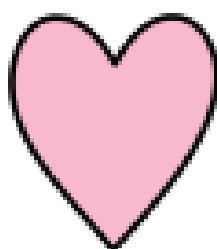
I/You want



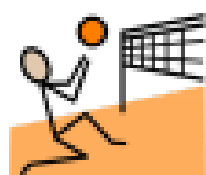
Ten pin
bowling



Boccia



I like



Sitting
volleyball

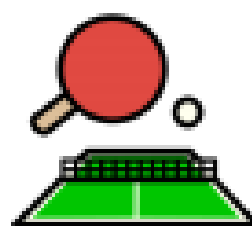
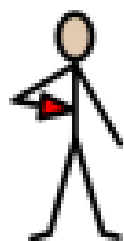


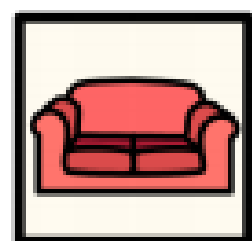
Table tennis



I don't like



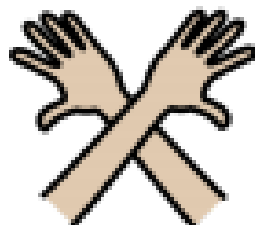
More



Living room



Help

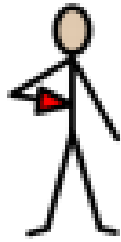


Finish



Kitchen

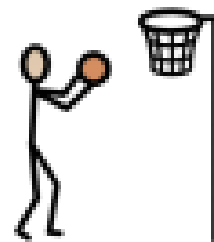
Outdoor games



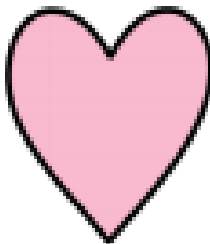
I/You want



Football



Netball



I like



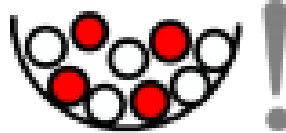
Basketball



Tennis



I don't like



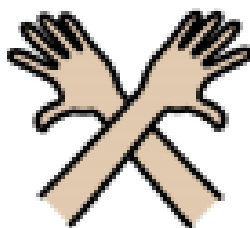
More



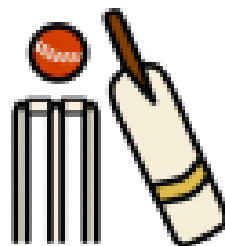
Badminton



Help



Finish



Cricket