



## **‘Let’s keep busy’ Healthy Mind and Body: physical activity and creative ideas**

Whilst we all find ourselves working/schooling from home, it is important to still keep active maintaining our physical and mental health! This document contains details/links to a range of resource ideas to keep us all busy at this challenging time. This will be updated and shared on a weekly basis (Friday). If anyone wishes to share any ideas that others in the network/community please share via [nsspea@mail.com](mailto:nsspea@mail.com)



### **North Somerset SGO Area updates:**

This bulletin and other useful resources will be shared and updated on a weekly basis via the North Somerset School Games ‘public’ page:

[https://www.yourschoolgames.com/app/sgo\\_hubs/north-somerset/](https://www.yourschoolgames.com/app/sgo_hubs/north-somerset/)

Please check this page on a weekly basis to read the most recent ‘Let’s Keep Busy’ bulletin and find links to a range of the most fun and innovative physical activity ideas.

### **NHS: Physical activity guidelines for children and young people**

Why are we recommended that children and young people should be active for sixty minutes? What activities should my children be doing?

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>



### **Sport England: How to Stay Active whilst you're at home**

We're all now spending more time at home and that means many of us are thinking about how we can get, or stay, active.

Official advice is to follow the guidance on [social distancing](#) and avoid non-essential travel - including working from home if you can - which means our routines are changing.

But staying active is more important than ever right now, and even if you're mostly in your house at the moment, there are plenty of ways you can still do so.

<https://www.sportengland.org/news/how-stay-active-while-youre-home> the link leads to;

- Getting Outside
- Exercising at Home
- Online Home workouts
- With the Kids
- Dance with Kids; <https://www.thisgirlcan.co.uk/activities/disney-workouts/>
- Indoor activities for kids
- Accessible activities

### **Gloucestershire Football Association: 'Home of Football' campaign**

The GFA have gone live with their keep active campaign: <http://www.gloucestershirefa.com/players/home-of-football>

#footballsstayinghome **watch play learn**

Finding fun ways to help the physical development of your child (ren) can be a challenge. That's why we've teamed up with Disney to use much loved characters to inspire three engaging games to kick off a healthy, active lifestyle – including some football skills. The games are also designed to build your child (ren)'s confidence, creativity and problem solving skills.



<https://blog.parkrun.com/uk/2020/03/27/the-school-of-parkrun-2/>

Probably more relevant to those who have previously participated in Parkrun or Junior Parkrun and are familiar with the workings of this worldwide movement, but worth taking a look at for some simple cross curricular ideas.



#### **England Athletics: resource links**

<https://www.englandathletics.org/about-us/athletics-at-home/>

#### **Funetics: 4-11 years**

<https://funetics.co.uk/for-parents/funetics-activity-videos/>

England Athletics and funetics have fast forwarded the launch of our new funetics activity videos, originally planned for launch this Autumn as part of our public launch of our new funetics programme. The videos demonstrate parents and children (aged 4-11) taking part in FUN activities based on fundamental core movement skills: running, jumping and throwing.

Funetics is a programme that has been designed to reflect the requirements of the National Curriculum Key Stage 1 and 2. At this time when our children are currently schooling at home, we hope that these video activities will support the need for education to continue at home.

#### **Supporting 11+ year olds to keep active**

<https://www.englandathletics.org/about-us/athletics-at-home/supporting-11-year-olds-to-keep-active/>

To support parents and young athletes to keep active in these challenging times, England Athletics are providing two of our Athletics 365 'paid for' resources free of charge for a limited time. We're making our Athletics 365 Athlete Handbooks (1 and 2) available free of charge (normally each handbook costs £9.99). This offer will be available until 30 September 2020.



Wesport's COVID-19 Support Page is a reference point for resources that will continually be updated

<http://www.wesport.org.uk/news-events/covid-19-support/>

Any NGB updated will be shared here, along with any fun, new and innovative ideas.



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#### **BBC SuperMovers:**

**Fun dance/movement videos with some of your favourite CBeebies/CBBC and other well known characters**

<https://www.bbc.co.uk/teach/supermovers>

<https://www.bbc.co.uk/teach/supermovers/times-table-collection/z4vv6v4>

#### **GoNoodle:**

'Getting Kids moving so they can be their best'

<https://www.gonoodle.com/>



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**School Games Challenges:** these games/challenges could be adapted for all the family to play and with the equipment you have available

<https://www.yourschoolgames.com/app/play-formats/11/> Spot Bucket Hoop

<https://www.yourschoolgames.com/app/play-formats/4/> Keepy uppy

<https://www.yourschoolgames.com/app/play-formats/50/> Reaction Challenge

<https://www.yourschoolgames.com/app/play-formats/51/> Rebound

<https://www.yourschoolgames.com/app/play-formats/8/> Scavenger Hunt



<https://www.youthsporttrust.org/free-home-learning-resources-0>

### **Youth Sport Trust: Free Home Learning Resources**

#### **Personal Challenge:**

A fun 'compete against yourself' approach to physical activity with a focus on resilience and perseverance and the aim to achieve bronze, silver or gold medal aims. We have a range of activity cards and videos.

<https://www.youthsporttrust.org/60-second-physical-activity-challenges>

- Air Balloon Challenge
- Around the World Challenge
- Bean Bag Throw Challenge
- Climb the Mountain Challenge
- Skipping Challenge
- Speed Bounce Challenge
- Squat Jump Challenge

#### **Active Breaks:**

These are general fun physical activities for children to do throughout the day as a way to get active, have fun as a family and break up the day. Examples include hide and seek, den or fort building and 'hot potato' ball games.

<https://www.youthsporttrust.org/active-breaks>

#### **Physical Education Home Learning:**

PE activities that can be done individually or in pairs/small groups with a focus on the development of physical competence and actively learning the importance of personal skills to support social, emotional and mental well-being.

<https://www.youthsporttrust.org/pe-home-learning>

#### **Active Learning:**

Teaching wider school subjects such as English and Maths in a physical way so as to reduce children sitting for too long and making the learning fun e.g. timetable squats.

<https://www.youthsporttrust.org/active-learning>



## **NHS; Change4Life: childrens activities**

Kids need to be active for 60 minutes a day. From our fun 10 Minute Shake Up games to information about active hobbies and sports, here's everything you need to get your family moving.

<https://www.nhs.uk/change4life/activities>

## **NHS: Active 10**

Exercise... made easy

Did you know that walking briskly, even for one minute, counts as exercise?

It's easier than you think to fit into your day with our FREE Active 10 walking tracker app!

<https://www.nhs.uk/oneyou/active10/home>



## **Pent-Active: 21 day Challenge**

The link below will take you to a page promoting the Pent-Active 21 Day Challenge. This offers the chance to practise and develop fundamental skills and raise fitness levels.

<https://www.pentathlonhereford.uk/PentActive>

The next challenge will begin on the 1st April and will be led online by Olympic medalist Samantha Murray, via the Facebook page. There is an opportunity to win resource packs, with a closing date of the 26th March.

## **Why not learn (or improve) a skill; 'My Personal Best'**

There are lots of online video tutorials; why not learn to Hula-hoop, Juggle (2, 3 or more balls/objects), do Keepy-uppys (football or other ball/object), Skipping challenges

## Cup Stacking; online challenges and personal best



Improve your movement and hand eye coordination by building structures out of cups as quick as possible. This exercise will offer you both physical and mental benefits as you improve your accuracy and movement.

<https://www.bbc.co.uk/programmes/articles/5K6QMDpwmHQB999DtmvhGgG/the-speed-stacking-challenge-makeyourmove>

**Get ready to be amazed!!**

**The links below shows some of the Speed stacking World Records;**

<https://www.youtube.com/watch?v=yjv7llkCXMk> 3-3-3

<https://www.youtube.com/watch?v=4Qc-dJrwh5Y> 3-6-3

<https://www.youtube.com/watch?v=iHGIKs121S8> The Cycle



## Jo Wicks 'The Body Coach': Daily PE Workouts

Daily PE Workouts from the Body Coach Joe Wicks

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

<https://www.youtube.com/watch?v=Rz0go1pTda8> Joe Wicks PE Workout 1

Excellent for your Physical and Mental Health



### **Oti Mabuse: Daily Children's and Adult's/Families Dance**

[https://www.youtube.com/channel/UC58aowNEXHHnfIR\\_5YTtP4g](https://www.youtube.com/channel/UC58aowNEXHHnfIR_5YTtP4g)

Fun daily routines for children at 11:30 and Adults/Families 19:30 hrs



### **Match of the Day Podcast: Top Ten Captains**

Any great Premier League team needs a great captain, and there have been several legendary players to wear the armband over the years - but who has been the greatest leader of all?

Gary Lineker, Alan Shearer and Ian Wright discussed the topic on the new Match of The Day: Top 10 podcast and we asked you to get involved by ranking your favourites from a shortlist drawn up by the Match of the Day commentary team.

<https://www.bbc.co.uk/sport/football/51871622>

**Why not rank your own list of Captains and share/compare with your friends!**

### **Match of the Day Podcast: Top Ten Goalscorers**

<https://www.bbc.co.uk/sport/football/52011332>

**Each week there will be a new top ten list to consider.**

The BBC Sport website has lots of interesting content to read and engage with!

### **Garden Games**

These are just a few suggestions of games that could be played in the garden. You can find lots of catching games and challenges online.



Garden Boule



Catching games



Frisbee catch

## **Max Whitlock GB Gymnast: #gymnasticswithmax**

For those missing their weekly gymnastic sessions....

[https://www.youtube.com/watch?v=rSDBj3jjK6s&feature=push-fr&attr\\_tag=aroWiumRn-2n7JVY%3A6](https://www.youtube.com/watch?v=rSDBj3jjK6s&feature=push-fr&attr_tag=aroWiumRn-2n7JVY%3A6)



Try and improve your personal best. Practice a little every day.

Can you keep going for 1, 20, 30 seconds? How many can you do in 10, 30, 60 seconds?

## **Cosmic Kids Yoga**

Yoga and Mindfulness adventures for children.

<https://www.youtube.com/user/CosmicKidsYoga>



### **Strictly Come Dancing : 'Keep Dancing' Challenge; 'Big Night In'**

As part of the 'Big Night In' charity fundraising evening (Children and Need and Comic/Sport Relief), there is an opportunity to learn a dance taught day by day by Strictly Come Dancing professionals.

bbc.co.uk/strictly <https://www.bbc.co.uk/programmes/b006m8dq>

Participation information and terms and conditions can be viewed on the website.



## **A Child Friendly guide to Coronavirus: Axel Scheffler**

Axel Scheffler has illustrated a digital book for primary school age children, free for anyone to read on screen or print out, about the coronavirus and the measures taken to control it. Published by Nosy Crow, and written by staff within the company, the book has had expert input: Professor Graham Medley of the London School of Hygiene & Tropical Medicine acted as a consultant, and the company also had advice from two head teachers and a child psychologist.

The book answers key questions in simple language appropriate for 5 to 9 year olds:

- What is the coronavirus?
- How do you catch the coronavirus?
- What happens if you catch the coronavirus?
- Why are people worried about catching the coronavirus?
- Is there a cure for the coronavirus?
- Why are some places we normally go to closed?
- What can I do to help?
- What's going to happen next?

We want to make sure that this book is accessible to every child and family and so the book is offered totally free of charge to anyone who wants to read it. However, we have suggested, at the back of the book, that families might make a donation to help our health service if they find the book useful: <https://www.nhscharitiestogether.co.uk/>.

<https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/>

## **Creative Minds: 'Let's Keep Busy'**



### **Sunflower Challenge**

Now is the time to start planting sunflowers from seed. Why not rise to the challenge and see if you can grow a sunflower from seed that is taller than you?!

<https://www.rhs.org.uk/education-learning/gardening-children-schools/family-activities/grow-it/grow/sunflower>

If you do not have an outside space at home, there are all sorts of sunflowers that can be grown inside on a windowsill. Choose a mini variety and have a growing competition with your family.



## National Trust: 50 things to do before you are 11 $\frac{3}{4}$

Although you will not be able to do all of these activities during the current social distancing measure, there are still lots of activities you can tick of your list and try at home.

<https://www.nationaltrust.org.uk/features/50-things-to-do-before-youre-11--activity-list>

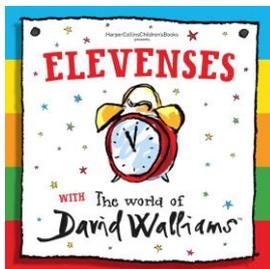
<https://nt.global.ssl.fastly.net/documents/50-things-activity-list.pdf> downloadable poster



## The Gruffalo: fun, games and activities:

Find out more about the books, play fun games, join a singalong, download free activity sheets, discover your next new read, and more!

<https://www.gruffalo.com/>



## Elevenses with The World of David Walliams

<https://www.worldofdavidwalliams.com/elevenses/>

Audio stories read by David Walliams



### **Illustration tutorial: Rob Biddulph**

Rob Biddulph is a children's author and illustrator. Rob is posting daily online tutorials for children (and adults) to learn how to draw some of his favourite characters, including Gregasuras and Sausage Dog.

<http://www.robbiddulph.com/draw-with-rob>



### **The National Trust launches 'Nature Diary' writing project:**

The National Trust launches "nature diary" writing project to celebrate spring equinox. It exists to help everyone find calm and comfort and get their creative juices flowing

<https://www.countryliving.com/uk/wildlife/countryside/a31800358/national-trust-nature-diary-spring/>



### **Junior Bake Off**

**Fun recipes and challenges**

<https://www.bbc.co.uk/cbbc/shows/junior-bake-off>

## HORRIBLE HISTORIES

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### **Horrible Histories**

#### **Do you know The Monarchs' Song from start to finish?**

Horrible Histories superfans often brag about knowing 'The Monarchs' Song' off by heart... well, now is your time to prove it! How many tries will it take you to get all the way to Queen Elizabeth II?

<https://www.bbc.co.uk/cbbc/quizzes/the-monarchs-song-kings-and-queens-quiz>



#### **Wildlife Challenge: How many different birds can you spot and identify in the garden?**

Can you spot any birds (or wildlife) that you have never seen before?

<https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/identify-a-bird/>

#### **Can you spot Britain's top ten common birds?**

<https://www.bbc.co.uk/newsround/35935561>

How many other birds can you spot? Can you name them all?



#### **Garden Minibeast Hunt: How many can you find and identify?**

As Spring arrives, there is a lot more activity going on in our gardens and plenty of bugs to see.

<https://www.woodlandtrust.org.uk/blog/2019/04/minibeast-hunt/>



**Britain's most common Butterflies: can you spot any of them?**

With Spring now here and British Summertime on the horizon, the weather will hopefully take a turn for the better and we may start to see some early Butterflies. The link will take you to the top ten butterflies in the Big Butterfly Hunt. How many can you spot? Can you spot any others? Can you learn their names and find out what host food plant their caterpillars like to feed on? Can you identify the butterfly from their caterpillar?

<http://www.bbc.co.uk/earth/story/20151009-top-ten-butterflies-from-this-summer-big-butterfly-count>



**100 Best Books to read before you're 14: books for all ages**

<https://www.booktrust.org.uk/books-and-reading/our-recommendations/100-best-books/>



**Chester Zoo: Curriculum linked activities for all school ages**

[Chesterzoo.org/schools/resources](http://Chesterzoo.org/schools/resources)

Activities for all key stages and covering most subjects.

## **Ben Fogle: Daily Adventure Classes**

Ask Ben questions

Instagram.com/benfogle#askben#homeschooling

The logo for BBC Bitesize, featuring the letters 'BBC' in white on an orange square background, followed by the word 'Bitesize' in white text.

### **Daily lessons coming soon**

Beginning Monday 20 April, BBC Bitesize will publish daily online lessons for all ages. We'll also have a new dedicated TV channel full of learning content, podcasts on BBC Sounds and loads of educational video on iPlayer.

<https://www.bbc.co.uk/bitesize>

