



GREAT WEBSITES

Studdy Ladder - <https://www.studyladder.co.uk/>

Busy Things - <https://www.busythings.co.uk/>

BBC Bitesize - <https://www.bbc.co.uk/bitesize>

<https://resource-bank.scholastic.co.uk/>

Amaven Young Champions:

https://www.amaven.co.uk/young-champions?utm_source=ZohoCampaigns&utm_medium=email&utm_campaign=FR EEYChamp2020

GoNoodle:

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

Super movers:

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

Active kids:

<https://www.activekidsdobetter.co.uk/active-home>

Joe Wicks – The Body Coach:

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

Get set:

<https://www.getset.co.uk/resources/travel-to-tokyo/tokyo-ten>

Jasmine Active:

https://jasmineactive.com/news/home-learning-resources/?fbclid=IwAR3ND_8qzZK-YPd7G7eP6q0uJq4B5Oby1zEg_P3DfDFugOIWiNENRVj3e9Q

<https://www.oliverjeffers.com/> - he will be reading a story each day on his website

Please follow the link to download the FREE EYFS, KS1, KS2 activity book.

<https://www.tts-group.co.uk/home+learning+activities.html>

David Walliams is releasing a FREE audio story every day for the next 30 days. It might help some parents out there to get their kids to quieten down and listen to a story whilst you get a few jobs done or just grab a cuppa in peace 😊

<https://bit.ly/AudioElevenes>

<https://www.oliverjeffers.com/> - he will be reading a story each day on his website

Twinkl School Closure
free access code:

UKTWINKLHELPS

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10-1 workout

Complete the exercises below:

- 10 x Burpees
- 9 x Tuck jumps
- 8 x Lunges
- 7 x Star jumps
- 6 x Press ups
- 5 x Touch your toes and jump up
- 4 x Sit ups
- 3 x Squats
- 2 minute run on the spot
- 1 minute plank



Now have a go at making up your own exercise for 10-1!

Add it on

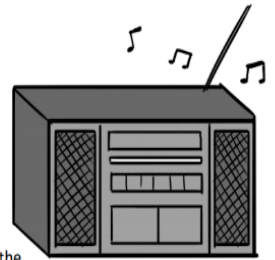
What you need: Music

People: 2 or more

Play: Inside

How to play:

- One person shows everyone else a dance move.
- The others copy the move.
- The next person shows everyone a dance move.
- Everyone does the first move and then adds on the next move and so on.



Balloon volleyball

What you need: 1 balloon

People: 2 or more

Play: Inside or outside

Ways to play:

1. Everyone must be seated. Together, try to see how many times you can volley the balloon to each other.

OR

2. Play 1v1 or 2v2. Create a net, you could use a skipping rope or chairs. Play against each other over the net. If the balloon hits the floor on your side, the other team win a point. If you hit the balloon and it doesn't go over the net, the other team get a point. Each side is allowed up to three touches on their own side of the net before the balloon must go over.



Bottle skittles

What you need: Plastic bottles and a pair of socks

People: 1 or more

Play: Inside or outside

How to play:

- Use empty plastic bottles as skittles and set them up approx. 5m away.
- Use a pair of socks rolled into a ball and try to hit as many skittles as possible down.



Play with more people by playing against someone else and seeing how many throws it takes to knock all of the skittles over.

Cards fitness fun

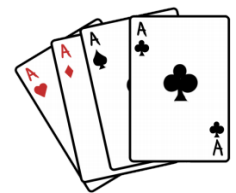
What you need: Pack of cards

People: 1 or more

Play: Inside

How to play:

- Assign each suit to an exercise e.g. clubs are sit ups, spades are burpees, hearts are lunges, diamonds are squats.
- Place all cards face down. Choose a card at random. Complete the number of each exercise for the suit e.g. 10 of diamonds would be 10 squats.
- If a face card is chosen, run on the spot for 30 seconds.
- Complete the pack.



Find the spoon

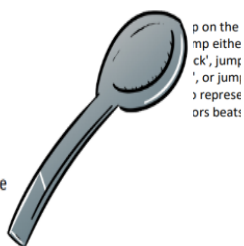
What you need: A teaspoon

People: 2 or more

Play: Inside

How to play:

- One person hides the spoon.
- The other person has to find it.
- Time each other and see who can find the spoon in the quickest time.
- Make this easier by saying 'hot' if the person looking for the spoon is close to it and 'cold' if they are moving away from it.



Play with more people by seeing who can find the spoon first.

Find three things that are...

People: 2 or more

Play: Inside or outside

How to play:

- One person says 'find three things that are.... blue.' etc.
- The other person then has to collect three things that are blue and bring them back to that person.
- Make this harder by timing the person to see how long it takes them.
- Other things that could be collected include 'find three things that are.... spotty, start with the letter 'C', round, soft to touch.'

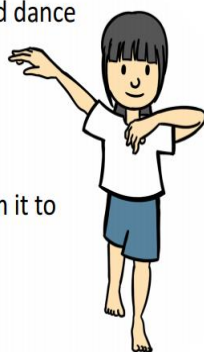
Play with more people by seeing who can collect the three items first.

Get dancing!

Put your favourite music on and dance around to it!

OR

Make up a dance and perform it to friends and family!



Grandmother's footsteps!

People: 3 or more

Play: Inside or outside

How to play:

- One person begins facing away from the others at the other end of the room or space.
- All other people start behind a marker which shows the start line.
- Grandmother says 'go' and everyone else tries to creep up to the Grandmother without being heard.
- If the Grandmother turns around, everyone else must freeze. If the Grandmother sees anyone move, they get sent back to the start.
- When the Grandmother turns away, everyone is allowed to creep again.
- The first person to get to the Grandmother wins the game and starts as the Grandmother in the next round.

Lunges Step forward with one leg and bend the back knee until it almost touches the floor. Stretches: Glutes, Hamstring and quadriceps.		Heel flicks Kick one heel to your bottom and then the other. Repeat at speed. Stretches: Glutes, Hamstring and quadriceps.	
High knees Lift one knee up to your chest and then the other. Repeat at speed. Stretches: Glutes, Hamstring and hip flexors.		Arm circles Rotate your arms around in a circle. Repeat in both directions. Mobilises the shoulder joint.	
Hip circles Place your hands on your hips and rotate round in one direction and then the other. Mobilises the hip joint.		Toe reach Keep your legs straight and reach down towards your toes. Stretches: Hamstring	