

PE Home Learning Opportunities

Please find a range of PE activities across KS2 that can be completed by your child at home:

Please Tweet us any PE work you do, including any: activities, cooking or learning about healthy eating/nutrition!

REAL PE

Real PE is the scheme that we use for indoor PE, which focuses on developing skills whilst providing enjoyment for children. To use REAL PE, you will need the following login:

- Website address: home.jasmineactive.com
- Parent email: parent@boldmereju-1.com
- Password: boldmereju

The link above is separated into EYFS&KS1 and KS2 – go to the KS2 link and you will be provided with 10 days work of activities! More are being developed so keep checking for updates.

Day 2

- Morning (20 mins)
★ **Select Footwork Patterns game**
- Afternoon (20 mins)
★ **FUNS Skills: Footwork**
- Afternoon (20 mins)
★ **Mirror Image game**
- Evening (20 mins)
★ **Dice Frenzy game**
- ★ Play a family game of Dice Frenzy. Film your footwork patterns.


Real PE focuses acquiring skills by following videos, which lead to more challenging videos to move on to. These will be at the bottom of the video link and move in sequential order (please see below). Once these skills have been acquired, you can play against members of your family.

Remember to tweet us examples of your REAL PE learning – we would love to see your family playing against each other and doing the skills videos!

real PE / Year 4 / Unit 1 / Lesson 2

< Back to Dashboard

real PE



I can hopscotch forwards and backwards, hopping on the same foot (right and left).

00:01

vimeo

Yellow

Green

Red

Blue

Pink

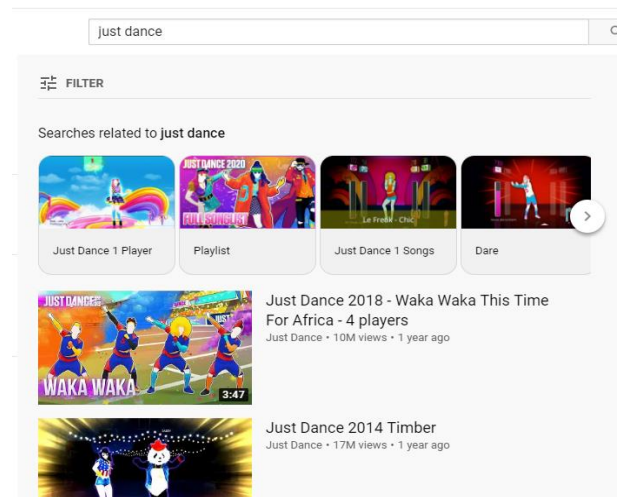
Black

Dance

Just Dance

Search 'Just Dance' or 'Just Dance Kids' on YouTube for fun dance routine videos for children to take part in and dance away to well-known pop songs.

Waka Waka is my personal favourite – We would love to hear from you – and see tweets – of you dancing to your favourite song!

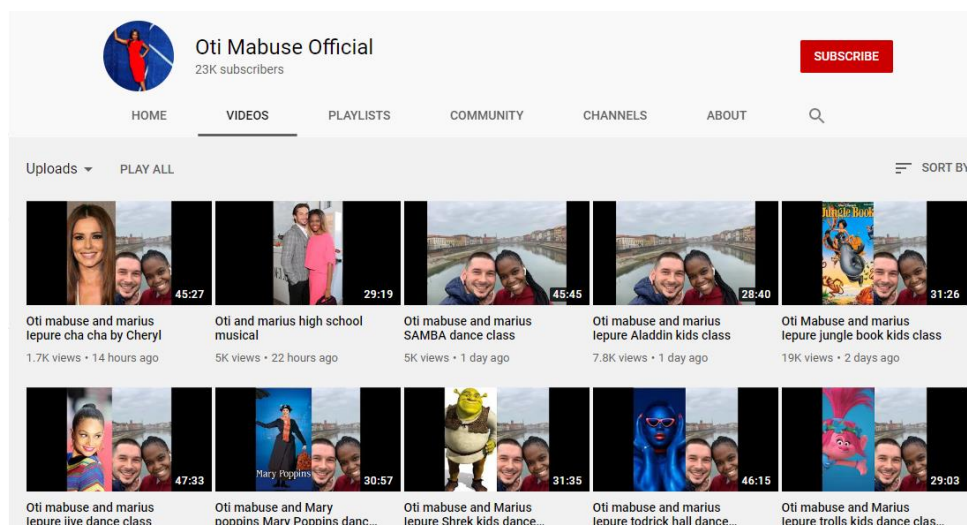


Dance with Oti Mabuse

https://www.youtube.com/channel/UC58aowNEXHHnflR_5YTtP4g

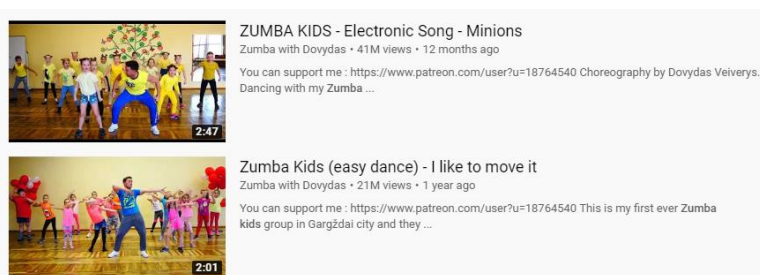
Dance with Oti Mabuse

Oti's children's dance classes are being streamed to her Facebook, Instagram and YouTube accounts at 11:30am every day until at least 30th March. The classes are saved onto her YouTube page after the livestream has finished, so they can still be enjoyed even if you aren't available at the exact start time.



Zumba Kids

Search 'Zumba Kids' on YouTube for fun and active videos.




Health and Wellbeing

Premier League Primary Stars

<https://plprimarystars.com>

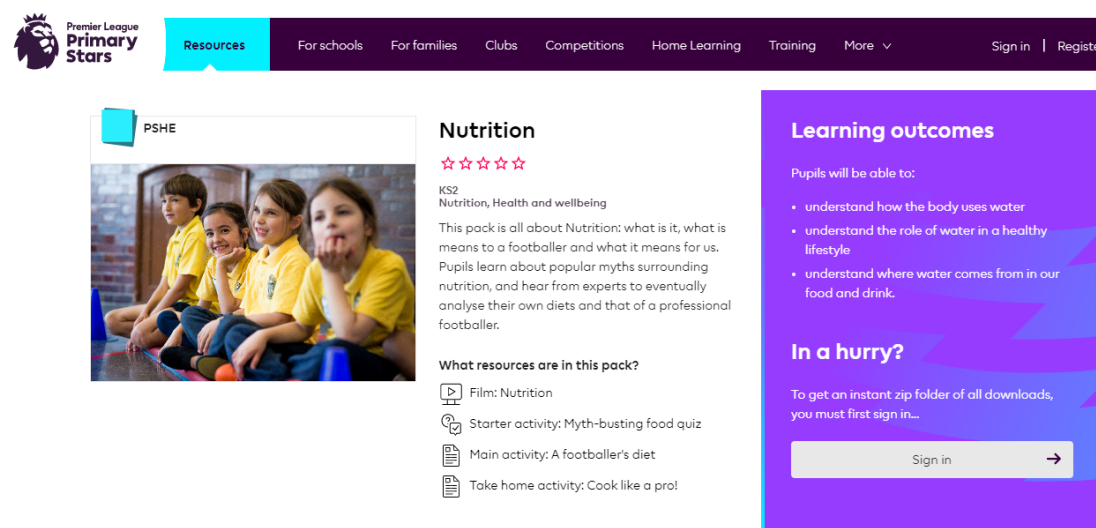
Premier League Primary Stars are providing a collection of free, curriculum-linked activities to educate and entertain children at home. You can find lots of ideas for helping your children get active, as well as fun videos, games and worksheets for Maths, English and Health and Wellbeing.



The image shows the top section of the Premier League Primary Stars website. At the top is a dark purple navigation bar with the Premier League Primary Stars logo on the left and links for Resources, For schools, For families, Clubs, Competitions, Home Learning, Training, More, Sign in, and Register. Below the navigation bar is a large hero section with a purple background. On the left is a photo of a smiling woman sitting at a table with a young boy who is also smiling. On the right, the text reads: "Premier League Primary Stars. We have a wide collection of free, curriculum-linked resources to educate and entertain children at home. You can find lots of ideas for helping your children get active, as well as fun videos, games and worksheets for Maths, English and Health and Wellbeing." Below this text is a white button that says "Explore home resources". At the bottom right of the hero section are two links: "Watch video" and "View Transcript", each preceded by a play button icon.

Follow this link to learn specifically about nutrition:

<https://plprimarystars.com/resources/nutrition>




The image shows a page from the Premier League Primary Stars website dedicated to Nutrition resources. The page has a dark purple header with the Premier League Primary Stars logo and navigation links. The main content area is divided into three columns. The left column features a photo of four children in yellow school uniforms sitting on a bench, with the text "PSHE" above it. The middle column is titled "Nutrition" and includes a star rating of four stars, the text "KS2 Nutrition, Health and wellbeing", a description of the pack, and a list of resources: "Film: Nutrition", "Starter activity: Myth-busting food quiz", "Main activity: A footballer's diet", and "Take home activity: Cook like a pro!". The right column is titled "Learning outcomes" and lists three bullet points: "understand how the body uses water", "understand the role of water in a healthy lifestyle", and "understand where water comes from in our food and drink". Below this is a section titled "In a hurry?" with the text "To get an instant zip folder of all downloads, you must first sign in..." and a "Sign in" button with a right arrow.

Movement and Mindfulness

www.gonoodle.com

A range of engaging movement and mindfulness videos created by child development experts.



[GoNoodle Games](#)[Good Energy At Home](#)[Learn More](#)[Educator Login](#)[Get Started Now](#)

Move & Learn at Home With GoNoodle


Teachers trust GoNoodle to help their students stay active, focused, and calm while infusing good energy into their classrooms. Now, with so many kids home from school, we want to keep that good energy going with **GoNoodle: Good Energy at Home**, a free online resource. GoNoodle: Good Energy at Home provides ways for kids and families to move and learn together.

GoNoodle: Good Energy at Home offers free:

- Movement, yoga, and mindfulness videos
- Downloadable curricular activities
- Recommended off-screen home activities

To get started, check out our recommendations below and sign up for our weekly Good Energy emails to receive new resources. The Good Energy videos are also available on any of the GoNoodle apps on the web, iOS, Android, AppleTV, Amazon Fire, Roku.

Get Started: Videos & Activities for Kids



Get more suggestions for videos, activities, and resources you can do at home!

Cooking

<https://www.bbcgoodfood.com/recipes/collection/kids-cooking>

Use this BBC website to find a range of cooking activities that can be done at home with your child. There are many fun recipes for your child to learn!



[Search](#)

[Recipes](#) | [How to](#) | [Lifestyle & events](#) | [More Good Food](#) | [Stay home, get cooking](#) | [Baking](#)

Kids' cooking recipes

67 Recipes









Get fussy little eaters into the kitchen and turn them into little chefs with our easy and fun cooking projects. They'll love tasting their handiwork, too!





https://www.bbc.co.uk/food/collections/10_easy_recipes_for_kids

Easy recipes for children to follow to promote their enjoyment of cooking

 <p>Kids' easy omelette</p> <p>BRUNCH</p>	 <p>Fantastic fish fingers</p> <p>MAIN COURSE</p>	 <p>Kids' veggie slaw by Jo Ingleby</p> <p>SIDE DISHES</p>	 <p>Easy no-yeast pizza by Lisa Faulkner</p> <p>MAIN COURSE</p>
 <p>Easy vegetable stir-fry</p> <p>MAIN COURSE</p>	 <p>Tuna fish cakes by JB Gill</p> <p>MAIN COURSE</p>	 <p>Kids' minestrone soup by Jo Ingleby</p> <p>MAIN COURSE</p>	 <p>Easy chow mein for kids by Jo Ingleby</p> <p>MAIN COURSE</p>