

Staying active at home (and keep learning...)

Remember it is really important we all stay active during this time.

Children are used to be **physically active** during the school day so keeping some level of activity during the day will ensure their physical and mental health. Also, children enjoy being active!

The official guidance is that children should have at least 60 mins a day of moderate to vigorous activity.

- During moderate intensity activity children should still be able to carry on a conversation
- During vigorous intensity activity, children should find it more difficult to carry on a conversation.

More online resources:

Active Sussex:

<https://www.activesussex.org/activeathome/>

Also, don't forget the **Virtual Sussex School Games**

@sussexschoolgames

www.activesussex.org/virtual/

Youth Sport Trust

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

Sport England:

<https://www.sportengland.org/news/how-stay-active-while-youre-home>

I am also keen for the children to keep **learning and improving**. So similar to their other subjects please find below some **PE ideas**. I am planning to put together a weekly set of ideas for the children. Please encourage them to have a go at these as part of the schoolwork.

This week the focus is on **moving isolated body parts, moving to a beat and remembering a pattern**

The aim is to create a sequence of moves that can be remembered, repeated and even taught to another family member.



Can you tweet what you do....?

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Ideas for this week: moving isolated body parts, moving to a beat and remembering a pattern

Please start wherever you feel is appropriate.

	Challenge	Progression	Top tips
1	Standing still, can you just move 1 body part? e.g. just an arm but everything else must stay still	<ul style="list-style-type: none"> Try a different body part Can you make a repeating pattern with 2 or 3 different body parts? e.g. 2 arm lifts, 2 head nods, repeat. Can you remember and repeat this pattern? Can you teach it to someone? Can you perform this pattern to a beat? To music? 	<ul style="list-style-type: none"> Start with trying this without music then progress to a steady beat and then a piece of music The challenge can be the type of movement and/ or the complexity of the pattern you create
2	Can you create a pattern involving single moves? e.g. 1 arm movement, 1 leg movement Can you add some travel?	<ul style="list-style-type: none"> Can you remember and repeat this pattern? Can you make it more challenging by including more movements? Can you teach it to someone? Can you and your partner perform the pattern together? 	<ul style="list-style-type: none"> Start with trying this without music then progress to a steady beat and then a piece of music The challenge can be the type of movement and/ or the complexity of the pattern they create How can you make sure you and your partner perform it at the same time?
3	Make your moves more challenging... All these ideas can be performed with or without music. Music makes the task more challenging as you will need to "hear" the beat and move to the beat. Also, using different music will allow for different types of movement, e.g. smooth & fluid; sharp and rigid; fast/ slow etc	<p>Try any or all of the following:</p> <p>Can you mirror your partner?</p> <p>Can you match your partner?</p> <p>Can you include cross-lateral movements?</p> <p>Can you perform your movements in unison and/ or canon?</p> <p>Where you and your partner stand, does it have to be the same for all the moves?</p>	<p>Mirror: perform the moves as if you are looking in a mirror, e.g. lifting your left arm, your partner lifts their right</p> <p>Match: you perform the same move the same way, e.g. lifting your left arm, your partner also lifts their left arm.</p> <p>Cross lateral – these moves go across the mid-line of your body, e.g. left hand moves to right shoulder; right hand touches left knee</p> <p>Unison – the same move at the same time</p> <p>Canon – you perform move 1; when you perform move 2, your partner performs move 1; when you perform move 3, your partner performs move 2 etc.</p> <p>Standing facing each other; side by side; in front; back to back etc.</p>
4	If you dance outside of school: <ul style="list-style-type: none"> Can you teach someone else one of your dances? Can you create a dance and teach it to someone? 		<ul style="list-style-type: none"> Think about how you break it down to teach them Remember they may not be as good as you so you may need to simplify the dance!

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