

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:

Virtual Sussex School Games

@sussexschoolgames
www.activesussex.org/virtual/

Active Sussex:

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

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>

FA Superkicks app:

<http://www.thefa.com/get-involved/the-fa-superkicks>

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 **kicking, moving with and stopping a ball**

The aim is to control a ball using both feet.



Can you tweet what you do....?

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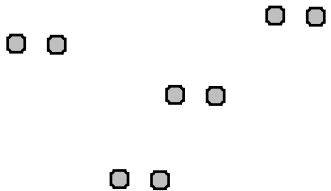
@cstaffordsport



@midsussexactive

Ideas for this week: Can you control a ball with your feet?

Please start wherever you feel is appropriate.

	Challenge	Progression	Top tips
1	Play a traffic light game: Using a ball, “red” is to stand on 1 leg and rest your other foot on the ball, can you swap feet? “Amber” – pass the ball gently between both feet “Green” – move around keep the ball close to your feet	<ul style="list-style-type: none"> Introduce new colours and new tasks, e.g. moving at different speeds, changing direction, stopping ball still, swap your ball with someone else Introduce obstacles you have to travel round Use different size balls (larger is easier, small is harder) 	<ul style="list-style-type: none"> Keep the ball close to your feet Keep balanced
2	Coconut Shy Place some targets in different places and, if you want to, place something on top of each target. The aim is to kick the ball and hit the target knocking off the “coconut”	<ul style="list-style-type: none"> Stand further away from the targets Make the targets smaller Dribble the ball and then attempt to kick and hit the target Make sure that you dribble and kick the ball with both your right and left foot 	<ul style="list-style-type: none"> Think about how to make the kick accurate, where should your standing foot be? When swinging through your striking foot, what part of your foot should you use?
3	Through the gates Create a number of gates. You could use books, socks, anything that does not move! Can you dribble through the gates? How many can you do in 1 minutes? Can you pass the ball through the gates to a partner? How many can you do in 1 minutes? 	<ul style="list-style-type: none"> Can you move at different speeds when you are dribbling the ball? Can you change direction? Can you pass the ball through the gates and then run round and receive it? Can you think of other ways to get through the gates? Go round them instead of going through them? Can you time how long it takes you to get through or round all the gates and then take a shot at a goal? Can you beat this time? Can you use both feet to dribble, pass and shoot? 	<ul style="list-style-type: none"> Keep the ball close to your feet Keep balanced Think about how you change direction? Can you “dodge” the cones?