

## 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/](http://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>

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 **jumping**

The aim is to investigate jumping and seeing how far and high you can jump, also can you link different jumps together?



Can you tweet what you do....?

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@cstaffordsport



@midsussexactive

## Ideas for this week: Can you jump?

Please start wherever you feel is appropriate.

	Challenge	Activity & Progression	Top tips
1	How many ways can you jump?	<ul style="list-style-type: none"> <li>Can you find out how many ways you can jump? Using the sentence: "I take off from ? foot/ feet and I land on ? foot/ feet" (2 feet to 2 feet; 1 foot to 2 feet; 2 feet to 1 foot; 1 foot to 1 foot (hop); 1 foot to the other foot (leap))</li> <li>Can you land all these jumps with a stable landing?</li> <li>Can you use these jumps to jump over a line, a marker, a book?</li> <li>Do you have to always jump forwards? Can you jump in different directions?</li> </ul> <p>Progression:</p> <ul style="list-style-type: none"> <li>Can you jump off a step?</li> <li>Can you jump over different obstacles?</li> <li>Can you jump up high as well as for distance?</li> <li>Can you make shapes when you jump?</li> <li>Can you add a 1/4, 1/2 or full turn to your jump?</li> </ul>	<ul style="list-style-type: none"> <li>Remember to bend your knees to take off and again to land</li> <li>Can you use your arms to help you jump?</li> <li>Make sure you are also balanced when you take off and land each jump</li> </ul>
2	Can you link jumps together?	<ul style="list-style-type: none"> <li>Can you create a story that involves different kinds of jumps and movements?</li> <li>Can you create a repeating pattern of jumps? Can you remember and repeat this pattern?</li> <li>Can you teach this pattern to someone else?</li> <li>Can you set out an obstacle course involving different ways of moving and jumping? Can you move through the course successfully?</li> <li>How many times can you get round your course in 3 or 5 minutes?</li> </ul>	
3	How far can you jump? How high can you jump?	<ul style="list-style-type: none"> <li>Following practising the above jumps, how far can you jump using:</li> <li>2 feet to 2 feet</li> <li>1 foot to 2 feet</li> <li>Linking a hop, step and jump (triple jump)</li> </ul> <p>How high can you jump?</p> <ul style="list-style-type: none"> <li>Using 2 feet to 2 feet, jump by a wall and reach up with your nearest arm, make a note of that height. Then jump up and touch the wall as high up as you can.</li> </ul>	<ul style="list-style-type: none"> <li>Think about bending your knees before take-off and pushing up and forward.</li> <li>How can your arms help you?</li> </ul>