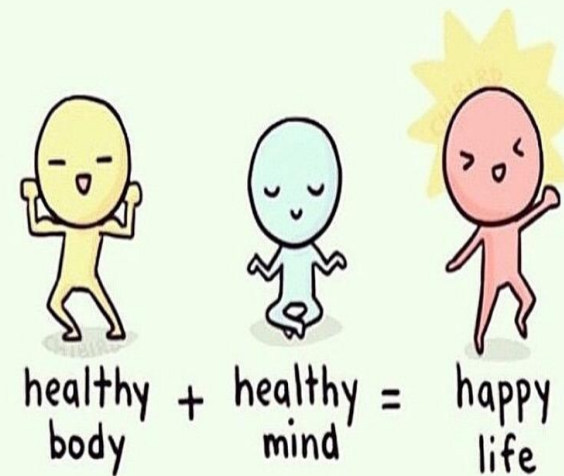


Remote Learning

PE

January 2021

BE
ACTIVE
— **BE** —
HEALTHY
BE
Happy



During these uncertain times, it is really important to look after your physical and mental health.

Research shows that physical activity is a fantastic way to support better mental health. Doing exercise influences the release of endorphins (the feel-good chemicals) in the brain.

Being active throughout the day has been proven to have a positive impact on children's learning so whilst learning remotely, please encourage children to be physically active (in line with government guidelines).

On the next few slides, there are lots of different resources that you can use to keep children physically active.

Any further activities, links or challenges will be posted onto the PE page on the school website and onto our school Twitter account:

@StGerardsWidnes

Joe Wicks



From Monday 11th January 2021, Joe Wicks will return for PE with Joe! This was hugely successful during the previous lockdown and was a fantastic way to get children active.

PE with Joe will run on Mondays, Wednesdays and Fridays and will be live via his YouTube channel at 9am. He also has lots of other workouts on his YouTube channel that you can access at any time!

Next Level Sports



Each day, Next Level Sports will be posting daily physical challenges for children to complete.

These will be posted on our school Twitter page each day. An example is shown on the next page but please keep an eye out on Twitter for a new one each day!

It will be great to see the children getting involved so please tag us in your tweets or send pictures/videos to class teachers via Class Dojo.

DAILY CHALLENGE

- As many as you can in **30 SECONDS**
- 5 activities/30 seconds on/30 seconds rest
- Repeat all 5 activities twice (**10 MINS**) Repeat 3 times (**15 MINS**)

1. JUMPING JACKS



2. JOGGING ON THE SPOT



3. ROPE CLIMBERS



4. SQUATS



5. LATERAL HOPS



Ready Set
GO!

Get Set 4 PE

Get Set 4 PE have created an 'Active Calendar' to be used throughout January. Please access the 'Active Families' tab on the Get Set 4 PE website:

<https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002>

Here, you can choose the activity to complete and then write the name of it into your calendar and an emotion face to show how it made you feel.

The information is shown on the next slide and the link to print it will be available on the PE page on our school website.



My Active Calendar



Being at home gives us lots of new challenges, but no matter where we are, it is always important we keep fit and healthy (and have fun doing it!)

Here is your very own Get Set 4 PE Active Calendar. Your challenge is to complete an active game for every weekday throughout January. Follow these steps to help you:

- Go to www.getset4pe.co.uk and click on the Active Families tab at the top of the page.
- Pick an active game and play it (if you love a game you can play it again another day).
- Write the name of the game you played onto your active calendar and enter an emotion face to show how it made you feel.

www.getset4pe.co.uk



Get Set 4 P.E.

My Active Calendar

January 2021

Name: _____

MON

TUE

WED

THU

FRI

4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

I feel
awesome

It was ok

This isn't
the game
for me

Yay, you
did it!

Further Links (1/2)

If you are looking for any further physical activities or challenges, please have a look at the following links:

Youth Sport Trust:

<https://www.youthsporttrust.org/family-activities>

<https://www.youthsporttrust.org/primary-pe-activities>

<https://www.youthsporttrust.org/60-second-physical-activity-challenges>

Further Links (2/2)

Premier Education Group-

https://www.youtube.com/channel/UCLNV8D56t6RV0wbsPnbnYeA?app=desktop&fbclid=IwAR0vpaOy0kC_loKUrEVqYcP6icuru9o9a99DAfrSqNyTZ3Ko4ELdE7IzGDY

Physical Challenges-

<https://www.youtube.com/playlist?list=PLaOhq-TCnHO79eHqfAfeozxiabhO6Ghzy&fbclid=IwAR2ZVY5eQ8EpiWeiTBZKsKAylw6K66sY3DjGgfdHOXeHB7DD0ZpbAcmXtXo>

Hactive-

<https://hactive.com/at-home/?fbclid=IwAR0TNlo3-jpMQ-mIMDD9HqQddVTvCV-pIPv43WDpZuo8beHfGtxTMR05gyA>