

## Bexley School Games Physical Activity Plan Week beginning 20<sup>th</sup> April 2020

	Daily Fitness Activity (30 Active Minutes)	PE Home Learning (focus on the development of physical competence)	Personal Challenges (improving personal best)	Active Learning (using physical activity to teach other subjects)	Active Breaks (fun for the whole family to break the day up)
<b>Monday</b>	Take part in PE with Joe <a href="https://www.youtube.com/playlist?list=PLyCLOPd4VxBvQafyve889qVcPxYEjdSTl">https://www.youtube.com/playlist?list=PLyCLOPd4VxBvQafyve889qVcPxYEjdSTl</a>	Climb the Ladder <a href="https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Climb%20the%20Ladder.pdf">https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Climb%20the%20Ladder.pdf</a>	Select <b>one</b> of the following 3 challenges:  1. Air Balloon Challenge <a href="https://www.youthsporttrust.org/sites/default/files/Air%20Balloon%20Challenge.pdf">https://www.youthsporttrust.org/sites/default/files/Air%20Balloon%20Challenge.pdf</a>  2. Burpees Challenge <a href="https://www.youthsporttrust.org/sites/default/files/Burpees%20Challenge.pdf">https://www.youthsporttrust.org/sites/default/files/Burpees%20Challenge.pdf</a>  3. Fast Feet Challenge <a href="https://www.youthsporttrust.org/sites/default/files/Fast%20Feet.pdf">https://www.youthsporttrust.org/sites/default/files/Fast%20Feet.pdf</a>  Practise your chosen challenge every day so you can perform it better.	Select a <b>English</b> activity suitable for child's age and area of study BBC Super Movers <a href="https://www.bbc.co.uk/teach/supermovers">https://www.bbc.co.uk/teach/supermovers</a>	<b>Hands 2 Feet Activity Card</b> <i>Activity card will be tweeted</i>
<b>Tuesday</b>		Golf Rolling <a href="https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Golf%20Rolling.pdf">https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Golf%20Rolling.pdf</a>		<b>Premier League Stars Stick with Maths Challenge</b> <a href="https://plprimarystars.com/resources/stick-with-maths">https://plprimarystars.com/resources/stick-with-maths</a>	<b>Dance</b> Perform the Waka Waka Dance routine <a href="https://www.youtube.com/watch?v=gCzgc_RelBA">https://www.youtube.com/watch?v=gCzgc_RelBA</a>
<b>Wednesday</b>		Keep on Moving <a href="https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Keep%20on%20the%20Move.pdf">https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Keep%20on%20the%20Move.pdf</a>		Select a <b>PSHE</b> activity suitable for child's age and area of study BBC Super Movers <a href="https://www.bbc.co.uk/teach/supermovers/pshe-collection/zng8vk7">https://www.bbc.co.uk/teach/supermovers/pshe-collection/zng8vk7</a>	<b>Bullseye Activity Card</b> <i>Activity card will be tweeted</i>
<b>Thursday</b>		Target Treasure <a href="https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Target%20Treasure.pdf">https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Target%20Treasure.pdf</a>		<b>Healthy Eating Word Search</b> <i>Card (with answers) will be tweeted</i>	<b>Yoga</b> Join in the Frozen Yoga routine from Cosmic Yoga <a href="https://www.youtube.com/watch?v=xlg052EKMTk">https://www.youtube.com/watch?v=xlg052EKMTk</a>
<b>Friday</b>		Top Ten <a href="https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Top%20Ten.pdf">https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Top%20Ten.pdf</a>		<b>Premier League Stars Family Challenge</b> <a href="https://plprimarystars.com/news/friday-family-challenge">https://plprimarystars.com/news/friday-family-challenge</a>	<b>Bat Tapping</b> <i>Activity card will be tweeted</i>

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<b>Weekend</b>	Go for a family walk, bike/scooter ride or play in the garden		Repeat your chosen challenge and see if you can beat your personal best		<b>Active Snakes and Ladders</b> <i>Activity card will be tweeted</i>
<b>School Games Virtual Competition</b>	<p><b>Poster Competition</b> Using the theme of Active Lifestyles design a poster that encourages young people to be physically active. The idea is that your posters can then be displayed around your school and help to promote a healthy active lifestyle. On your poster you should include:</p> <ul style="list-style-type: none"> <li>The name of your school and have the words 'School Games' on it.</li> <li>The poster must refer to health and physical activity either through words or pictures.</li> </ul> <p>Ask an adult to tweet your entry ensuring they use @BexSchGames, #StayHomeStayActive and the name of your school, <b><u>DO NOT include your name</u></b> or email your entry to <a href="mailto:s.allso@hurstmere.org.uk">s.allso@hurstmere.org.uk</a></p>				

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