

Tuesday 30th June

Hello everyone,

I hope everyone is well this week. Many of the students will know I am a big Liverpool Football Club fan so I had a lovely week and have been celebrating the first league title for 30 years!



I hope you have been finding time to walk, run, cycle, play football and stay fit and healthy.

The #DailyMileAtHome

For anyone new to the Daily Mile, which you may have heard mentioned in the media in recent days, this is what it is. Don't be put off by thinking you have to run a mile each day. In school, staff choose when is the best time to do their class mile. It is a 15 minute timed activity. Students can run, walk, chat on our Daily Mile circuit, as far as they can manage in that time. The Daily Mile at home offers different challenges each week that you may or may not want to try. This week's **challenges** are:

1. Doing the #Mobot like Mo Farah
2. Wearing crazy hairstyles

3. Counting how many types of transport we spot (such as cycles, fire engines)

This week's **physical activity** will turn you into budding gymnasts. You just need a 'dice' to play and it will be very good for your memory skills. You can link 3 moves or try and link more and remember them. It's a bit like Twister!

Sequence Champions

Home Physical Education

How to play:

- Use a dice to create a movement sequence.
- You are going to add 3 movements together.
- Roll the dice 3 times to see which 3 movements you will need to perform:

Roll a 1 – A star jump
Roll a 2 – A roll
Roll a 3 – A turn
Roll a 4 – A twist
Roll a 5 – A tuck jump
Roll a 6 – A balance

- Think of creative ways to link the movements.
- Practice your sequence and then perform!



Can you perform your sequence and ask for feedback?

Can you keep practising to improve your sequence?

Top Tips

Link your movements

When you finish your first movement try and move into the next movement smoothly without pausing.

Let's Reflect

What did you find difficult about linking your movements together?

Did you manage to complete the sequence without stopping?

Have fun this week and keep active!

Mrs L