

Tuesday 7th July

Hello everyone,

It's now July and I'm sad to not be seeing many of you at Sports Day. Hopefully next year's will be even better!

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 (week 14)** are:

1. Crazy colours day - wear crazy colours on your walks
2. New directions - head in a different direction! Turn left when you'd normally turn right, right when you'd normally turn left
3. Pick a running number to put on your top and pretend you are in a race

This week's physical challenges.....

1. Balloon volleyball



I know balloons are not everyone's favourite
I'm only a fan if they are thick material and
not likely to burst! Everyone must be seated.
How long can you keep the balloon in the air
for? Can you just use your feet, no hands? Or
can you make a net from chairs or a skipping
rope and score a game?

2. A home fitness circuit

Healthy Hearts

Home Physical Education

Can you complete the circuit with a partner, encouraging each other?

How to play:

- Layout 5 markers in a space around your area. These are your 5 cardio circuit activities.
- **Station 1:** Perform 10 star jumps.
- **Station 2:** Perform 10 mountain climbers.
- **Station 3:** Skip or jump for 10 seconds.
- **Station 4:** Perform 10 burpees.
- **Station 5:** Jog on the spot for 10 seconds.
- How many times can you repeat the circuit?



Can you keep trying even if you feel tired?

Top Tips

Break into a sweat!

When we increase our heart rate, more blood pumps around our body providing oxygen from the lungs to the muscles.

Let's Reflect

Were you able to work hard and increase your heart rate?

Do you understand why it is important to raise our heart rate and keep active?

Have fun this

week and keep active!

Mrs L