

	Move it Monday	Try it Tuesday	Wellness Wednesday	Throwback Thursday	Fit & Funky Friday
Activity	<p>Crash and Squirts Turtle Travel: Whoa dude! It's time to catch a wave like Crush and Squirt, can you make it onto the right current?</p> <ol style="list-style-type: none"> To get started you'll need to make a Squirt-style turtle by filling up socks then tying them up. Lay out a t-shirt each on the floor, as this will be the current. Everyone takes it in turns to be like Crush. With your back to the current, throw your turtle over your shoulder, aiming to land on the current. If you miss, you have to crawl on your hands and knees to get it back. Keep going until your turtle lands perfectly. <p>Example: https://www.nhs.uk/10-minute-shake-up/shake-ups/crush-and-squirts-turtle-travel</p>	<p>This is PE- Agility! Dodge and weave. React. Decision making. Agility. Make sure you pay close attention to the safety tips for this one and have fun!</p> <p><u>Activity one:</u> Your first exercise is simple. Run and touch the fence and run back to your dot as fast as you can. Try and stay in a nice straight line, keeping your head up.</p> <p><u>Activity two:</u> This time I am going to be in the way. I am going to go onto my knees and try and tag you to make it a bit harder. Use a sidestep or a lunge to try and get around your tigger. Try a range of footwork patterns to get around your defender.</p> <p><u>Activity three:</u> This time I want you to run and touch the fence and run back to your spot but this time we have some objects and obstacles from around our house.</p>	<p>Cosmic Kids Yoga!</p> <p>Yoga has a wide variety of benefits for children physical and mental health! For example,</p> <ul style="list-style-type: none"> - Improves posture, flexibility, strength, balance, coordination, and motor skills. - Helps children recognise and honour all emotions, learning to trust their instincts. - Teaches breathing techniques that increase energy and decrease anxiety providing effective coping strategies for stress. - Increases body awareness as we explore our anatomy and benefits of the poses. - Teaches relaxation and stress management techniques for school and home. - Nurtures self-esteem, confidence, and acceptance. 	<p>Rock Paper Scissors!</p> <p>This fun game of Rock Paper Scissors with a twist will get your heart racing!</p> <p>It's the first to 10 wins. Each time you or the person your playing wins a point the other must do an exercise of the winners' choice.</p> <p>You must decide on the exercises that can be given out. For example,</p> <ul style="list-style-type: none"> - Star jumps. - Fast feet for 30 seconds. - Lunges. <p>Once you get to 10 points the loser must do all 10 exercises continuously to finish.</p>	<p>Get Set Tokyo!</p> <p>With the upcoming Olympics in 2022 being set in Japan, Get Set Tokyo have created some fun activities to do around the topic of Tokyo.</p> <p>Can you copy the Japan Pom Pom dance routine?</p> <p>Did you know? Japan Pom Pom is a cheerleading team based in Tokyo. Most of the team are women around 70 years old.</p> <ol style="list-style-type: none"> Make a cheerleading routine for travel to Tokyo. Make a shape with your body for each letter of T-O-K-Y-O. Practice putting the letters together to make routine. Practice the chant while making the letters: Give me a T Give me an O Give me a K Give me a Y Give me an O Where are we going? Tokyo!

		<p>Teaching points</p> <ul style="list-style-type: none"> - Keep your feet shoulder width apart - Stay on your toes so you are ready to move - Push off the outside foot - Turn your hips to the new direction - Drive towards the new direction <p>Keep dodging in and out until you touch the fence. Back again dodging in and out as fast as you can.</p> <p><u>Activity four:</u> You are going to run and touch the fence as fast as you can and run back again. Dodging and weaving in and out of the objects. But at the same time, I'm going to try and roll the ball that you have to dodge as well.</p> <p><u>Teaching points:</u> Keep your eye on the objects. Make sure all objects are soft so that you don't get injured.</p>	<p>These important benefits have never been more important than these current times.</p> <p>Take some time out, relax and go on a journey with Cosmic Kids Yoga!</p> <p>https://www.youtube.com/watch?v=PCdVnF5X0EQ</p>		<p>5. add a jump at the end.</p> <p>Variations</p> <ul style="list-style-type: none"> • Make up your own chant. • Change the shapes and movements you make. • Practise with other people to make a team cheer. <p>Check it out! https://www.getset.co.uk/tokyo-ten</p>
Challenge	If it's too easy, move your t-shirt further away.	Try and use a lunge or dodge to get to the fence. Try timing yourself to see how fast you can go.	Can you think of your own stretches and name them?	Play again to see if you can win.	<ul style="list-style-type: none"> - Can you hold your balance between moves? - Can you make it more energetic? - Can you keep in time with other people?