

PE/ Outdoor learning and Mindfulness additional information

- **Mindfulness websites**
 - <https://www.headspace.com/subscriptions> Head Space - a website for children to learn and take part in meditation.
 - <https://www.youtube.com/user/CosmicKidsYoga> Cosmic Yoga - yoga, mindfulness and relaxation designed specifically for kids ages 3+.
 - <https://www.cosmickids.com/new-series-peace-guided-relaxations-kids/> Cosmic Kids guided meditation.
- **Physical activity websites**
 - <https://www.youtube.com/watch?v=d3LPrhIOv-w> The Body Coach - 5 minute workouts for children.
 - https://www.youtube.com/watch?v=oe_HDfdmnaM Just Dance Kids - dance routines
 - <https://www.bbc.co.uk/teach/supermovers> BBC Supermovers - active learning for home.
 - <https://www.youtube.com/channel/UCKE0Xnj818IDaHvIcRiq0Bg> - Dance videos for children to join in.
 - <https://www.primarytimes.co.uk/news/2019/11/a-brand-new-gruffalo-experience-on-alexa-to-delight-and-entertain-the-family> If you have an Alexa at home - say "Alexa open Gruffalo Move". This will open an immersive and interactive audio game that will encourage children to get up and get active.
 - <https://5-a-day.tv/> 5 a day - sign up for a free trial for access to 5 minute exercise routines and a 2-minute chill out routine. Many of the resources are available in French, Spanish and Welsh to promote cross-curricular language learning.
 - <https://www.gonoodle.com/> Go noodle engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available free at school, home, and everywhere kids are!
- **Outdoor learning activity ideas to do at home**
 - Create some natural art
 - Create a map of your garden
 - Make a stickman - then create a story of his adventures
 - Go on a scavenger hunt (find something ... big/ small/ smooth/ rough/ bumpy/ spiky/ hard /long/ short/ thin/ wide/ green/ yellow/ etc)
 - Sing a song using sticks/ pebbles as your instrument to accompany
 - Lead threading - collect bundles to practice counting, time tables, patterns, symmetry
 - Identify plants and trees in your garden
 - Make a tree rubbing
 - List the changes in your garden now that Spring has come!
 - Build a den for your favourite teddy
 - Make a potion - list the ingredients, write the method to make it and what this potion will do if we drink it!
 - Enjoy some mindfulness! - go out and get some fresh air. Walk and talk with someone.
 - Write a poem about the natural world
 - Take photos as if you are an insect or from a bird's eye point of view. Write down how the insect/ bird might feel, try turning your thoughts into a story - a bug's life, a bird's life...

Example exercises to try at home to keep active!

Bicycle Kick

1



Lay flat on your back with your arms and hands straight and touching the floor. Copy the motion of being on a bicycle.



Lunging

2



Stand with your legs together and then lunge forward until one leg is right out in front of you.

Bend your knee and flex your hip so your rear leg is almost in contact with the floor.

Finally, return to your starting position.



Scissor Kick

3



Lie on your side with one arm stretched out and the other supporting your weight on the floor. Have your legs stretched out and toes pointed. Slowly lift your leg as high as you can lift it and hold for 5 seconds before gradually lowering to original position.



Toe Touch

4



Keep feet and legs together. Arch your back and stretch your arms and hands to reach and touch your toes whilst keeping your legs straight. Hold for 5 seconds and slowly go back to standing position.



Squat Thrust

5



Put your hands on the floor, shoulder width apart. Thrust your legs out behind you and in one movement bring both legs back into a lunge position, bending the knees into the chest. Repeat.



Sit and Reach

6



Sit on the floor with your back upright and legs out straight. Gradually bend your back, stretching your arms and hands out to reach your toes. Hold for 5 seconds and slowly go back to starting position.



Hip and Thigh Stretch

- Stand tall with your feet approximately two shoulder widths apart.
- Turn the feet and face to the right.
- Bend the right leg so that the right thigh is parallel with the ground and the right lower leg is vertical.
- Gradually lower the body.
- Keep your back straight and use the arms to balance.
- You will feel the stretch along the front of the left thigh and along the hamstrings of the right leg.
- Hold the stretch for 10 seconds.
- Repeat by turning and facing to the left.



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Hamstring Stretch

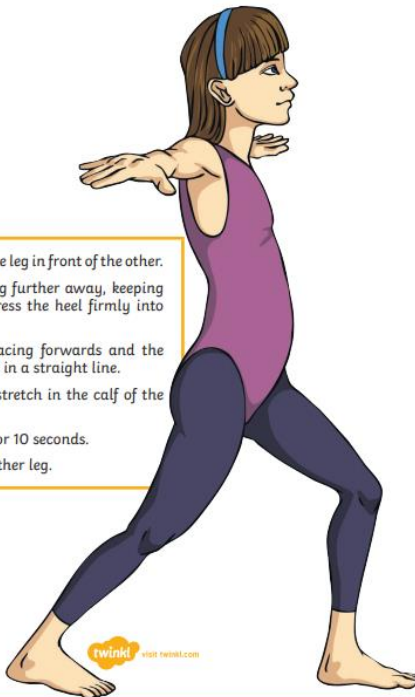
- Sit on the ground with both legs straight out in front of you.
- Bend the left leg and place the sole of the left foot alongside the knee of the right leg.
- Allow the left leg to lie relaxed on the ground.
- Bend forward keeping the back straight.
- You will feel the stretch in the hamstring of the right leg.
- Hold the stretch for 10 seconds.
- Repeat with the other leg.



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Calf Stretch

- Stand tall with one leg in front of the other.
- Ease your back leg further away, keeping it straight and press the heel firmly into the floor.
- Keep your hips facing forwards and the rear leg and spine in a straight line.
- You will feel the stretch in the calf of the rear leg.
- Hold the stretch for 10 seconds.
- Repeat with the other leg.



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Quadriceps Stretch

- Stand with your feet shoulder width apart and bring your left foot up towards your bum.
- Take hold of the left ankle with the left hand and ease the foot closer to your bum.
- Your right arm should be extended out to the side for balance.
- Hold the stretch for 10 seconds.
- Repeat with the right leg.
- You will feel the stretch along the front of the thigh.



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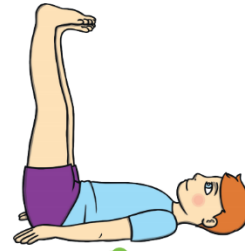
Plank

Hold your body in the plank position for as long as you can. Take a rest when you need to.
You can put your knees on the floor to make the move easier.



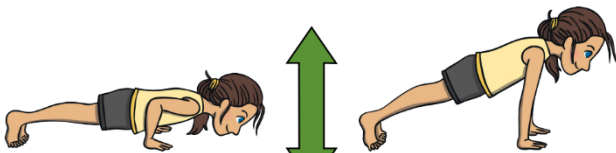
Leg Raises

Lie on your back and slowly raise one leg. Lower your leg slowly back down to the floor.
Repeat with the other leg.



Press-Ups

You can put your knees on the floor to make the move easier.



Burpees

Try to maintain the same pace completing burpees. Try to keep your toes pointed and your legs straight.

What is a burpee?

Standing with your feet at shoulder width apart, bend from the knees and place both palms on the floor. Place your right foot back and then your left foot so that you are in a plank position. Bring your right leg and then left leg back into squat position and jump. Repeat.



High Knees

Raise each knee in front of you, one at a time, as high as you can.
To make this more challenging, try to do this quicker.



Step-Ups

Carefully, step on and off the bench, one foot at a time.

