Wellbeing – Physically active ideas for Enrichment afternoons

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| ***Go for a walk as a family and see if you can spot the following:***     * 3 different types of bird * 3 different types of tree * 3 different types of flowers * A squirrel   Take photos and share them on dojo. | ***Cycle safely round your local area***  Remember to wear a helmet and to stay safe on the roads or paths.  Get your adult to take a photo of you on your bike to share on dojo. | ***Try some of the “This is PE” activities outside in your garden.***  The activities can be found on our school website in the home learning tab.  Remember to take photos for dojo!  <https://academystjames.com/pe-physical-activity-at-home/> |
| ***Create an exercise circuit in your garden and have a go with your family.***  You could include:  How to Do Jumping Jacks: Benefits & Alternatives (2020)   * star jumps * jogging on the spot * squats * knee lifts * jumping side to side   Don’t forget those photos for dojo! | ***Find a piece of rope or a skipping rope and try different types of skipping.***     * skipping backwards * crossing your arms over in front of you * skipping together with someone in your family (both facing each other, with one rope) | ***Go for a jog as a family.***  You could start the couch to 5k app.  It starts with walking and a few seconds of jogging.  You will be amazed how well you progress over the weeks. |
| ***Take your phone/ tablet outside and do some photography.***  Take close up pictures and pictures from different angles of interesting things in your house/ garden.  Make a pic collage of the photos and send us them on dojo. | cook / make a healthy snack for the family.  10 Easy & Healthy Snacks You Can Prep in Advance | Low Calorie Snacks  Take photos and add them to dojo! | ***We could like to see pictures of your activities and of you having fun together as a family.***  ***Family time is so important and so is physical activity.*** ***Being active makes you feel better and happier!*** |