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 SnacksTake 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!*** |