



Pe – Sport, health and well-being

All Year Groups – Try to do at least 30 minutes per day!

Mindfulness and Yoga

<https://www.youtube.com/user/CosmicKidsYoga> – Yoga, mindfulness and relaxation designed especially for kids aged 3+.

<https://www.headspace.com/meditation/kids> – Try for free/subscribe, enjoy fun and engaging activities that teach the basics of mindfulness. Practice breathing exercises, visualisations and even try some focus-based meditation. Sessions in different age groups: 5 and under, 6-8 and 9-12.

<https://wakelet.com/wake/564d7bc8-4bc9-462f-a9e1-2deb03150c3f> – How to support your child during social distancing. A collection of resources that will help you to support your children and young people during this time.

Exercise

Follow @GreenbankPE on twitter – daily tasks are going to be set by @GetSet4PE which we will be retweeting for you to complete and any other challenges we see!

<https://www.youtube.com/user/thebodycoach1> – A selection of free workouts for all the family, including a specific section for children's workouts to do at home (e.g. 5 minute move, active 8)

<https://www.bbc.co.uk/teach/supermovers> – Fun curriculum linked resources to get children moving while they learn.

<https://familygonoodle.com/> – 100's of movement and mindfulness videos.

<https://www.nhs.uk/10-minute-shake-up/shake-ups> – shake up games.

Visit the just dance channel on Youtube and see if you can complete the dance routine. Alternatively, put some music on and make up your own dance!

Make an exercise circuit (e.g. star jumps, high knees, run on the spot, skip, climb the rope, dips, the plank, squats) time yourself, can you beat your time?

Set yourself a time limit at each station, how many exercises can you complete?

Challenge yourself!

If you have a garden, a yard or are able to go to the park:

- Throwing and catching skills
- Running (can anyone complete the daily mile whilst we are off?)
- Races, relay races
- Obstacle course
- Balances
- Bat and ball
- Riding a bike or scooter

Resilience challenge for EYFS/KS1

Resilience challenge for KS2

Resilience challenge for EYFS/KS1		Resilience challenge for KS2	
The Challenge	Completed	The Challenge	Completed
 1 Draw a picture or write a note for your neighbour	<input type="checkbox"/>	 1 Do something kind for your neighbour	<input type="checkbox"/>
2 Copy a dance routine from another country	<input type="checkbox"/>	2 Make up a dance routine using moves from another country	<input type="checkbox"/>
3 Help to make a healthy snack	<input type="checkbox"/>	3 Make a healthy snack or meal	<input type="checkbox"/>
 4 Phone/video call someone from your family that doesn't live in your house	<input type="checkbox"/>	 4 Phone/video call someone from your family that doesn't live in your house	<input type="checkbox"/>
5 Do a household job to help out the grown-ups	<input type="checkbox"/>	5 Do a household job to help out the grown-ups	<input type="checkbox"/>
6 Play a game with someone older or younger than you	<input type="checkbox"/>	6 Play a game with someone older or younger than you	<input type="checkbox"/>
 7 Try and learn the word friend in another language	<input type="checkbox"/>	 7 Try and learn a few phrases of another language	<input type="checkbox"/>
8 Complete the work sent home for you from school	<input type="checkbox"/>	8 Complete the work sent home for you from school	<input type="checkbox"/>
9 Learn a new skill	<input type="checkbox"/>	9 Learn a new skill	<input type="checkbox"/>
 10 Draw or write in a diary at least 3 times a week	<input type="checkbox"/>	 10 Draw or write in a diary at least 3 times a week	<input type="checkbox"/>
11 Try a mindfulness exercise (ask an adult to help you find one)	<input type="checkbox"/>	11 Try a meditation exercise from youtube	<input type="checkbox"/>
12 Sing at least once a day for a week	<input type="checkbox"/>	12 Sing at least once a day for a week	<input type="checkbox"/>
13 Find a song about not giving up	<input type="checkbox"/>	13 Write a list of times when you have been resilient and kept going even when things were hard.	<input type="checkbox"/>
 14 Draw a picture of yourself 10 years from now	<input type="checkbox"/>	 14 Design a poster of yourself 10 years from now	<input type="checkbox"/>
15 Read a book	<input type="checkbox"/>	15 Read a book and review it for your friends	<input type="checkbox"/>