



Activities to help your child at home with PE:



Design an obstacle course with household items.

Step over and under things, crawl through things, jump over things, hop over, run around.

Have a family sports day, in the garden or a local park. You could have: an egg and spoon race; a sack race (use a bag for life); running races; three legged races.

Create a circuit training session, in the style of Joe Wicks. Get creative with the name of each exercise you do.

Design help cook and healthy meal for your family. Lay the table and sit and eat as a family. Can you explain to your family why it is healthy?

Get a step counter on one of your devices or use a fit bit and count your steps for a day; can you get to 10,000? Can you increase this over a week?

To exercise your mental health, try a yoga and meditation session. There are lots of apps and website available. Try finger breath or bubble breath.

Find your nearest green gym and design a workout, using the equipment there. Take your whole family.

Go for a walk, cycle, roller-skate to the park. Leave a book on a bench with a note for someone else to find, pick up and enjoy.

Teach a family member or a friend how to skate, skip or cycle. Short sessions at a time would work well.

Research the human body. Draw around yourself or a family member and label the bones, organs and muscles.

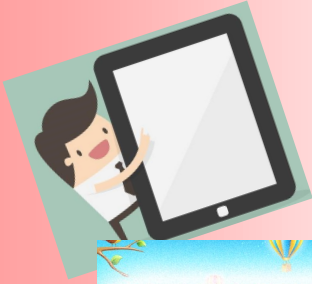
Time your self running around the block, or round your house. Can you beat your personal best?

Research the history of the Olympics, both Modern and ancient. How did they start? How often do they happen? Where did they take place?

Learn a new sports skill: ball control, tennis shot, basket ball shot, skate board trick or roller skating move. Can you then make a how to video, to teach a friend.

Watch sports game (football, rugby etc) on TV write up a match report with all the statistics on it. How many shots on goal? How many points were scored, etc.





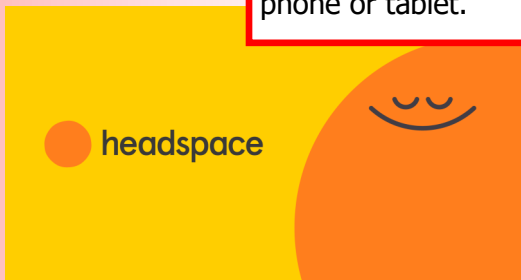
Websites to help your child at home with physical education:



www.youtube.com/user/cosmickidsyoga

<https://www.youtube.com/channel/CAxW1XT0iEJo0TYI->

Headspace app.
Download on to a phone or tablet.



Green Gyms in your local park.



Places to visit/things to do so you can enjoy PE with your child:

Diamond Jubilee Leisure Centre, Rugby.



Webb Ellis Rugby Football Museum, Rugby.

