

PRIMARY

BERKSHIRE

# ACTIVE@HOME

Supporting you to keep your pupils active

WEEK FOUR  
18.05.20



Virtual  
SCHOOL  
GAMES

## WEEK THREE- HANDBALL for KS1,2 & 3

You can find the teacher guidance, activity card and scoresheet [HERE](#). Deadline for entries **noon 1st June**. This means you have an extra week over half term to have a go. If schools are interested in competing this week [SIGN UP HERE](#) by **29th May 3pm**.

## Dizzy Directions

British Orienteering brings us activities to do at home to keep active with video related content to explain the challenges.



British  
Gymnastics  
More than a sport

British Gymnasts setting **#Gymnastics@Home** challenges every Monday evening for you to try at home.

## Let's Ride Local

A range of resources from British Cycling including how to teach children to ride a bike, skills for cycling and 1,000 cycle routes to explore across the country.



## Tennis@Home

You can improve your tennis skills any time, any place, with our LTA Youth Home Activities hub, it's full of activities for the whole family. There are videos to support 4-7 year olds and 8-11 year olds.





### Your Passport to Golf at Home

During this self-isolation period the Golf Foundation have created a weekly golf learning package for youngsters and families. Each one is specifically designed to keep children loving their practice and learning about golf at home.

### Unicef Kid Power

A FREE dance, yoga and activity video platform to help students feel energized and empowered. Stay connected with your class by assigning Kid Power Ups® your students can do at home!



### Go Noodle

GoNoodle® engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free at school, home, and everywhere kids are!

## something a little different...

### Active in Mind

This programme from YST offers support to young people experiencing mental wellbeing issues, using psycho-social tools and stress-busting strategies for young people - as well as creating innovative peer mentoring and physical activity opportunities.



## Curriculum PE

### #THISISPE

Short videos posted at 1pm on a Monday, Wednesday and Friday. that will show parents (and teachers) free, fun and easy to follow PE activities for the whole family to enjoy together. Each video, delivered by PE teachers, will focus on a different aspect of the National Curriculum Supported by AfPE and YST.

