

SELBY SGO

Some tips for keeping active at home for parents and schools

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To help schools use a range of resources to keep PE and Healthy Active lifestyles running during the COVID -19 lockdown.

Fingers crossed you will receive one newsletter a week with updates and new ideas on that you can share with your parents.

PLT Checklist

- Inclusive Healthcheck
- Intra competitions
- Evidence folder for School Games Mark
- School and home Personal challenge - no more than one a week

Coming Soon

- NYS Virtual weekly challenge
- Orienteering CPD booklet in replace of the training that was going to take place next term
- How to make the chatterbox challenge, Origami resource
- More links to home activity ideas
- Weekly QR codes for a treasure hunt for home or school

Plan the day with your child

Even if you're following a lesson plan, it's good to brainstorm with your child about their day ahead.

Give them options. Ask them what they feel about doing tasks in certain ways. Give them time to adjust to the schedule.

This weeks useful links

- Ready Set Ride Every child in Britain should have the chance to learn, with these quick and easy games to help you teach your child how to pedal – having lots of fun along the way <https://www.readysetride.co.uk>
- The Premier League Primary Stars Programme are making their school curriculum linked resources available for home learning with no registration. Resources cover Maths, English, Physical Activity and Health and Well-being for KS1 and KS2 ages. Follow the link below to access: <https://plprimarystars.com/news/home-learning-activities-school-closures>
- Personal Challenge – Please follow our temporary Facebook page www.facebook.com/IndoorTed for lots of home-schooling ideas plus one PE challenge a week and 1 STEM challenge a week which is posted by the education team at DRAX
- Outdoor Ted www.outdoorted.co.uk/qr-challenges 10 New QR codes a week to put around home or school for children to find and participate in
- Fitter Future Virtual PE teacher – A series of online workouts designed by children for children. A fun way of getting active at home. <https://www.fitterfuture.com>

