

## PE

PE has always been a high priority subject for us at SJB. Arguably, the subject becomes even more important whilst the children are working from home, as their general movement and interaction with others is restricted. Daily exercise is crucial in order to maintain physical and mental wellbeing. Many children will work at the same spot for most of the day, so providing the opportunity to move around and have some fun is essential.

PE itself will be specifically timetabled twice a week, but we recommend additional, daily exercise if at all possible. Go for a walk, create your own fitness routines or challenges, or join in with one of the many PE sessions offered on the Internet or via TV Apps.

Each child should have some basic equipment at home e.g. bats, balls, skipping ropes. This was offered during the original lockdown, and can be offered again if any child needs it. For many activities, you can improvise with your choice of equipment and adapt them to make them safe and enjoyable indoors. However, if you are missing a specific PE item, please get in touch with your class teacher and we will do our best to help.

Most classes are going with dance, fitness, personal bests or simple gymnastics exercises as their topics for this term. The suggested activities are aimed at being fun and engaging, so that children will get the most out of doing them. Feel free to adapt the sessions though and even repeat sessions from previously, if you really enjoy them.

### Activities to try at home

PE with Joe daily workout

[https://www.youtube.com/results?search\\_query=pe+with+joe+wicks](https://www.youtube.com/results?search_query=pe+with+joe+wicks)

Dance routines are also relatively straight forward to do at home. Les Mills have a number of good videos, although there are hundreds out there if you prefer something different:

[https://www.youtube.com/results?search\\_query=les+mills+dance+routines+for+kids](https://www.youtube.com/results?search_query=les+mills+dance+routines+for+kids)

We thoroughly recommend the Chance to Shine cricket-based weekly sessions:

<https://www.youtube.com/channel/UCPIqt656AFXK804I6VwzVGA>

Other dance routines to try, covering a range of genres:

<https://www.youtube.com/watch?v=ymigWt5TOV8>

<https://www.youtube.com/watch?v=SI8sI7ZzCGM>

<https://www.youtube.com/watch?v=7GkiHHYoHa4>

<https://www.youtube.com/watch?v=UZSyrMr-nA>

<https://www.youtube.com/watch?v=jJ8iUKTUI-s>

<https://www.youtube.com/watch?v=7GkiHHYoHa4>

<https://www.youtube.com/watch?v=OgDeUATS01s>

<https://www.youtube.com/watch?v=YYX8e8l55zs>

<https://www.youtube.com/watch?v=SXEzldBHZoU>

In terms of 'personal bests' and generally keeping fit, you could do timed exercises for 30 seconds or a minute, such as: press ups, sit ups, star jumps, hopping on the spot, stepping up and down your first stair and mini shuttle runs.

Record your scores, then see if you can beat them over time.

Mr Ellicott would be delighted to see what you've been up to with your PE. Send any photos, scores or updates to [craig.ellicott@st-johnbosco.sandwell.sch.uk](mailto:craig.ellicott@st-johnbosco.sandwell.sch.uk)

There will be a PE Star chosen each week, who will receive a phone call, then a prize once we return to school.

We hope you all stay active and enjoy your PE.

Finally, there is a competition you can enter to represent the school! Look out for more of these as the weeks go by. Details will be emailed to you all as well.

### **Sandwell School Games Competitions - your chance to represent the school!**

Use the following link to try these various challenges - speed bounce, balance, target throw, and throw and catch. The link explains what you need and how to do them. Once you've done them, complete the 'survey' at the end of the link. Please make sure that you record our school name 'St John Bosco Primary' and state your year group. You will then have represented the school, and there will be certificates for everyone that does, later in the year.

This competition runs until 11<sup>th</sup> February and you can enter as many times as you like.

Enjoy!

[https://docs.google.com/forms/d/e/1FAIpQLScIbXHMMLIHSm\\_rDulomxEqRJ3Q6jqx-Bynr9VdzKt2-9y9Jw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScIbXHMMLIHSm_rDulomxEqRJ3Q6jqx-Bynr9VdzKt2-9y9Jw/viewform?usp=sf_link)





