

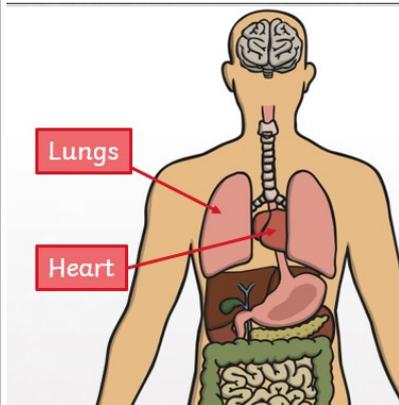
Wider curriculum Week 16 - PE

1.

Exercise is really important for both your body and your mind. It is recommended that children get **at least an hour of exercise every day**. Exercise includes walking, running, climbing, and playing. Anything that gets your heart beating a little bit faster!

Let's find out more about why exercise is so important.

How exercise is good for you:

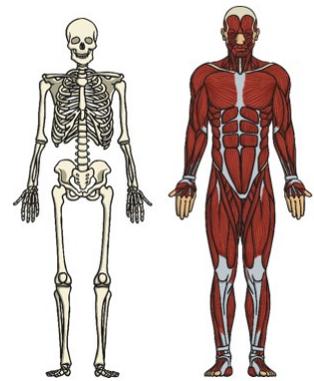


The lungs and heart are both really important organs.

The **lungs** breathe in air and put oxygen from the air into your blood. They breath out carbon dioxide.

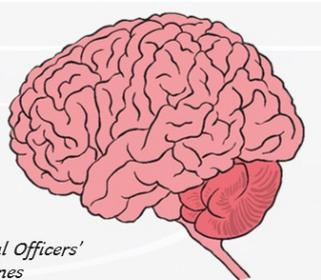
The **heart** pumps blood around the body to carry oxygen and other important things that the body needs.

Exercise (along with a healthy diet) helps keep these organs strong.



You wouldn't be able to move without the **bones** and **muscles** in your body. Exercise (along with a good diet) helps keep your bones and muscles strong.

When the heart beats faster, it pumps more oxygen to the **brain**.



This means that movement helps you to concentrate better and it can also help improve your learning.

Exercise is also really important for our **mental well being** - how we feel about ourselves, face challenges and our relationships with other people. This is just as important as the physical benefits to our bodies.

Exercising more gives you the energy to do things that you like.

Many people feel more energised after exercise and more ready to face the day.

Many people say exercise helps them to relax and they feel more positive after.

It can also help people to sleep better.

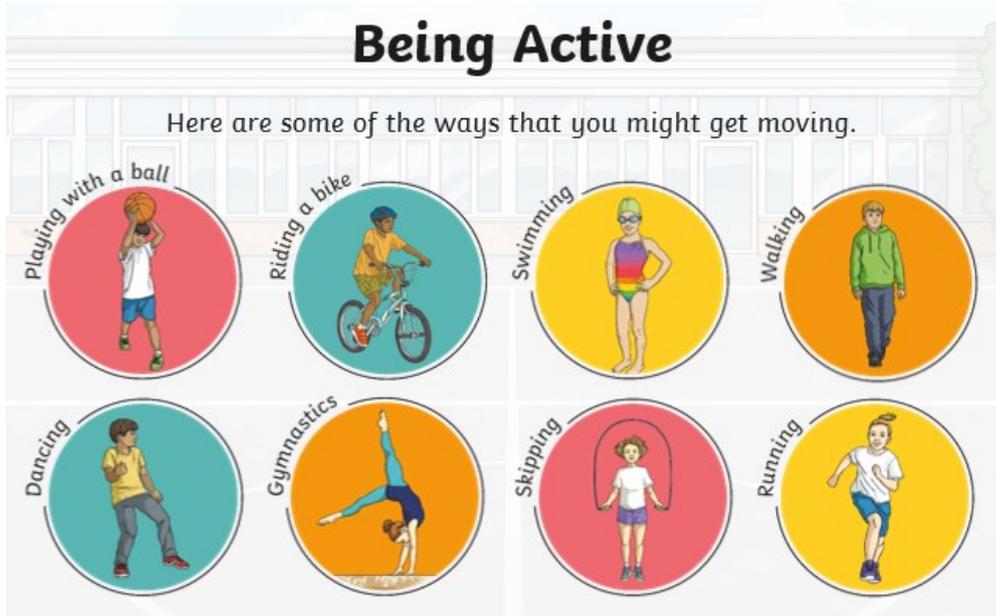


Regular exercise can help you to feel confident and good about yourself. When you exercise chemicals are released in your brain that make you feel good!

Watch these videos if you can telling us more about why exercise is good for us:

- <https://www.bbc.co.uk/bitesize/clips/zvdkjxs>
- <https://www.youtube.com/watch?v=ONZUfwAdHKE>
- <https://www.youtube.com/watch?v=NbEeaBULvys>

What could count as your daily hour of exercise?



We're sure you can think of plenty of other things too that would count towards your hour of daily exercise.

Activity: Living in this increasingly digital world it can feel harder to make time for exercise but hopefully you have learnt that it is so important for many reasons. And the more you exercise the more you will hopefully enjoy it and see the benefits.

Playing on a computer, video game or using any kind of screen can be fun, and relaxing but they should be limited and not get in the way of physical activity.

We'd like you to try and keep an activity log for the next couple of weeks, or over the whole summer if you fancy.

Every day try and record what physical activity you do and make a note of how you feel after this. If you don't do much exercise one day try and think about how you feel. The activity log is attached under PE on the wider curriculum learning.

Activity log				
Date and time	Activity/Activities	How long did the exercise last for?	How did you feel after?	How much time were you inactive during the day?

We've also asked you think about the time that you are inactive. This means time when you are just sitting or laying (apart from when you are asleep).

Remember there is a difference between being active and exercising. Some people don't do much formal 'exercise' but are active most of the day. This means they walk (don't get the bus or drive if they don't need to) and move around lots during the day and don't have long periods of time when they are just sat still. Unfortunately some jobs require more sitting and at school, and at home, you will have periods of time where you are working so are sitting. Just try and have movement breaks in between. These count towards being active, and will help your focus and concentration too!

3.

We want you to think of exercise as being active. Just because you don't play tennis or football doesn't mean you aren't active. You need to find ways to be active that work for you.

Activities and challenges!

You may already be doing lots of exercise in different ways, which is fantastic!

Here are some challenges that you could try if you need some extra ideas!

- Try some of the 5 or 8 minute work out challenges from Joe Wicks. Here are some links to his videos on you tube. When you watch one you will see others come up on the right hand sided that you could also try.

<https://www.youtube.com/watch?v=d3LPrhIOv-w>

<https://www.youtube.com/watch?v=uqLNxJe4L2I>

- You could use some of the exercise cards detailing exercises from Joe Wicks that are saved as attachments under PE in the remote learning. Here are two examples:

Joe Wicks: Active 8-Minute Workout 3

Lateral Squats

1. Start with your feet a bit wider than shoulder-width apart.
2. Squat.
3. Take a step to the right, staying low and squat again.
4. If there's space, repeat this - going the same way a few times.
5. Then squat and step to the left a few times.

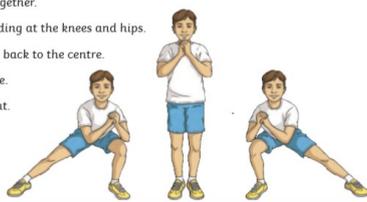
Remember to keep low and to have a straight back.
This exercise will strengthen your quadriceps.



Joe Wicks: Active 8-Minute Workout 3

Side Lunges

1. Start with your feet together.
2. Lunge to one side, bending at the knees and hips.
3. Step your lunging foot back to the centre.
4. Lunge to the other side.
5. Keep your back straight.



You've already been directed here, and we sometimes use them at school but the BBC super movers videos are great:

<https://www.bbc.co.uk/teach/supermovers> These can also be used to support other areas of learning like learning your times tables, or grammar rules!

Mental health is really important. Try this meditation from our school counsellor Jane O'Rourke...

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

Here are some of our challenges that don't involve a screen!

4.

- Go for a fast walk for 20 minutes - This could be walking to the park, the shops or a friends house, or just for the sake of it! All the year 3 teachers have been doing lots of walking during lock down.
- If you have stairs, run up and down them ten times. Notice how much your heart rate increases!
- Help with the cleaning—vacuuming and tidying up can count as being active, and we're sure your family will be happy to have your help!
- Create your own dance routine to teach someone else or perform. Choose a favourite song and be creative!
- If you have one, go on a bike ride or scooter (check with your grown up first!)
- Play an active game in the park (or garden) with your family—catch, Frisbee, a chasing game or using a bat and ball. There are lots of options!
- Create a little mini circuit, 3 or 4 exercises that you repeat for a set period of time. Eg: 10 burpees, then running on the spot for 30 seconds, 20 star jumps, then holding a plank for 20 seconds. Then repeat the whole thing again 2 more times!

Some websites to look at:

For parents: <https://kidshealth.org/en/parents/active-kids.html>

<https://www.bbcgoodfood.com/howto/guide/five-ways-keep-kids-active>

For some activity ideas: <https://www.nhs.uk/change4life/activities/sports-and-activities>

