

Fitness and Well-Being

It is important that we look after our bodies and well-being during this difficult time. Children will need exercise to burn energy and to release endorphins, to help them feel good.

Here are some ideas the children can try whilst indoors:

- Joe Wicks, the Body Coach www.youtube.co.uk
- Go Noodle www.youtube.co.uk
- Cosmic Kids www.youtube.co.uk
- Just Dance www.youtube.co.uk
- Zumba Kids www.youtube.co.uk
- BBC Super Movers www.bbc.co.uk
- Premier League Primary Stars www.plprimarystars.com
- Oti Mabuse if offering free dance lessons daily, streamed through Face Book

Whilst the sun is shining, enjoy playing in the garden or going for short local walks. In PE, we were working on throwing, catching and aiming skills. It would be good to practice moving their bodies in different ways, eg large strides, tip toe, running fast, jogging slow, moving like different animals.

If you are lucky enough to have a garden, teach your child gardening skills. Show them how to care for living things and what plants need to grow.

We practice 'peer massage' in class. The children really enjoy this and it is good for well-being. Some moves to help remind the children are Baker, Bear Walk, Butterfly, Hairdresser, Scoop, Hearts and Glasses.

Take some time to relax together. Share a book, watch a movie, listen to relaxing music, colour. A warm bubble bath will also help your child to relax.

Please don't expose them to too much news. It is important that they know what is going on in the world around them, but limit the information and make sure it is child friendly.