

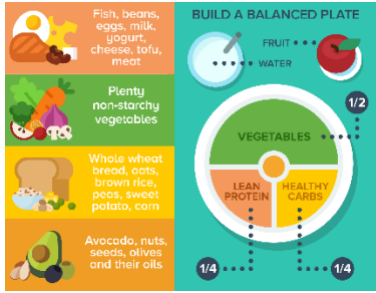
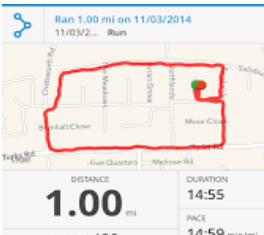





Staying fit and healthy at home (KS2)



<u>Physical</u>	<u>Mental</u>	<u>Healthy</u>																		
<p>-Joe Wicks</p> <p>During 2020 lockdown Joe Wicks was the nation's PE teacher!</p> <p>Type into 'YouTube' "Joe Wicks lockdown workout" and you will find lots of his work-outs to try out yourself.</p>  <p>Intensity: High, Time: 20-30mins</p>	<p>-Cosmic Kids Yoga</p> <p>Relax and unwind with a yoga session! There are lots to choose from, 'Pokemon' to 'Frozen', 'Star Wars' to 'Trolls'. Just type in "Cosmic Kids Yoga" and choose your favourite theme!</p>  <p>Intensity: Low Time 30 mins</p>	<p>-Meal Wheel</p> <p>Plan a meal with your family. Pick 1 protein (eggs, meat and fish), 1-2 carbohydrates (pasta, rice and potatoes) and 2 vegetables (carrots, peas and sweetcorn).</p> <p>What are you going to call your meal?</p>  <p>Time: 30-60 mins</p>																		
<p>-Map my run</p> <p>-Go to www.mapmyrun.com, and click on 'create a route'.</p> <p>-Map out a route that is exactly 1 mile distance and starts and finishes at your address.</p> <p>-With an adult, complete the route by walking, jogging or running and record your time.</p> <p>-Repeat for 5 days and see if you can improve your time</p>  <p>Monday: _____</p> <p>Tuesday: _____</p> <p>Wednesday: _____</p> <p>Thursday: _____</p> <p>Friday: _____</p> <p>Intensity: medium, Time: 15mins</p>	<p>--Personal best</p> <p>Pick 1 of these 3 activities</p> <ul style="list-style-type: none"> -Tennis ball bounce -Football keep ups -Press ups <p>How many can you do with out stopping? Write down your score.</p> <p>Try again every day and see after 5 days how much you've improved your score by?</p>  <p>Activity: _____</p> <p>Day 1: _____</p> <p>Day 5: _____</p> <p>Improvement: _____</p> <p>Intensity: medium, 10 mins</p>	<p>-Food as fuel</p> <p>-Try a different breakfast every morning and write down how you felt for the rest of the day:</p> <p>Give your self a rating out of 5 (1 being very little 5 being lots) for the following when doing your work at home:</p> <table border="1" data-bbox="826 1205 1369 2089"> <thead> <tr> <th>Day</th> <th>Breakfast</th> <th>Results</th> </tr> </thead> <tbody> <tr> <td>Monday</td> <td></td> <td>Energy, 1,2, 3,4,5 Enthusiasm 1,2,3,4,5 Wide Awake 1,2,3,4,5</td> </tr> <tr> <td>Tuesday</td> <td></td> <td>Energy, 1,2, 3,4,5 Enthusiasm 1,2,3,4,5 Wide Awake 1,2,3,4,5</td> </tr> <tr> <td>Wednesday</td> <td></td> <td>Energy, 1,2, 3,4,5 Enthusiasm 1,2,3,4,5 Wide Awake 1,2,3,4,5</td> </tr> <tr> <td>Thursday</td> <td></td> <td>Energy, 1,2, 3,4,5 Enthusiasm 1,2,3,4,5 Wide Awake 1,2,3,4,5</td> </tr> <tr> <td>Friday</td> <td></td> <td>Energy, 1,2, 3,4,5 Enthusiasm 1,2,3,4,5 Wide Awake 1,2,3,4,5</td> </tr> </tbody> </table>	Day	Breakfast	Results	Monday		Energy, 1,2, 3,4,5 Enthusiasm 1,2,3,4,5 Wide Awake 1,2,3,4,5	Tuesday		Energy, 1,2, 3,4,5 Enthusiasm 1,2,3,4,5 Wide Awake 1,2,3,4,5	Wednesday		Energy, 1,2, 3,4,5 Enthusiasm 1,2,3,4,5 Wide Awake 1,2,3,4,5	Thursday		Energy, 1,2, 3,4,5 Enthusiasm 1,2,3,4,5 Wide Awake 1,2,3,4,5	Friday		Energy, 1,2, 3,4,5 Enthusiasm 1,2,3,4,5 Wide Awake 1,2,3,4,5
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