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Friday 1st May 2020

Dear Parents,

I am aware that although Joe Wick is providing a fantastic resource for daily exercise, this may not be to all children's taste. Therefore, I wanted to assure you that going for a walk, bike ride, running or going on the trampoline can be used as one of their daily PE lessons. Creating obstacle courses in your garden, practising ball skills, skipping, having a hoola hoop competition or going on your scooter are also great ways to keep fit and healthy. As long as these can be done safely and the children are staying active and having fun that is all that matters.

I also wanted to provide you with a list of other activities and online resources that may be of interest:

<https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002> Get Set 4 PE, have released lots of fun activities to complete at home during the lockdown.

<https://www.activeoxfordshire.org/school-games/> A mixture of cultural and physical challenges that everyone can get involved in, children, parents, carers, anyone. You can find active resource from local companies and National Governing Bodies (NGBs) video demonstrations on how to do the challenges. Danny Taylor (The Vale School Games organiser) is putting up daily <https://twitter.com/hashtag/beatdanny> challengers on twitter. To access these challenges follow their Twitter https://twitter.com/vale_pe_ssp?lang=en-gb

<https://www.youtube.com/user/CosmicKidsYoga> - Join Jamie on YouTube to offer your kids a chance to learn yoga and mindfulness within an adventure story or guided relaxation.

<https://www.youtube.com/channel/UC0Vlhde7N5uGDIFXXWWEbFQ> - Just dance. Access many of the unlimited videos without having to pay for them!

<https://www.youtube.com/watch?v=DqAOMrZkht0&list=PLoOc9M0VgduMnQiJ56Gw5TX7wsGIF7kmv&index=4> - For all you CBeebies fans, Andy Day has a series on YouTube for younger children called Andy's Wild Workouts. Each video follows a different theme such as a beach or rainforest adventure. Videos are informative and educational, as well as active and only last about six minutes, so good for a quick burst. This series is also available on BBC iPlayer.

<https://www.bbc.co.uk/teach/supermovers> - Supermovers has loads of videos that combine education with exercise. There are options for KS1 and KS2 with easy to follow activities covering topics such as number bonds, times tables and division for Maths, and grammar, spelling and punctuation for English. They also have some Science and Language exercise videos and a Supermovers Champions section to help older children develop confidence, teamwork and leadership skills. A great way to continue your child's learning while also having a PE lesson.

<https://www.gonoodle.com/>- Dance, yoga and mindfulness videos to follow. If you don't want to sign up, check out their YouTube channel where you can access lots of their videos. Hand and arm movements to encourage crossing the midline are also great.

<https://teachingeveryday.com/2014/08/18/water-paint/> Have many cross curricular activities to support lateral movement and hand eye coordination.



Don't forget to try the Pope Paul Home Olympics challenge or maybe you might like to play the Snakes and Ladders PE Challenge – see your blogs for these.

Stay safe, active and have fun.

Miss Pringle – PE leader.