



Hello Everyone -I hope you are all managing to stay active and safe.

It's tricky isn't it to find things to do at home without team-mates or class friends. But there are lots of ideas that have been made for you to try at home, so I hope you are having some fun giving them a try and keeping up your skills!

It's quite strange for me as well at the moment as I would normally be seeing lots of you at Quad Kids Athletics events or KS1 multi-skills festivals. I hope that some of the activities I've included or suggested over the past few weeks have given you something to try.

Did anyone join in with Marathon 2.6 Challenge?



I tested my balance with the Crow Pose for 26 seconds – that was very hard! It took me 4 attempts before I was able to stay there for the whole time!

I also covered 26 miles on my bike split over 3 days



There are lots of ways to be inventive with physical activity challenges and below you will find some links for activities that have been prepared by sport specific bodies such as England Netball, The Lawn Tennis Association and England Rounders But don't forget you can go back to any of the resources sent out in previous communications:

For something new take a look at these suggestions:

England Netball – they have released their Bee Netball resources to use at home with some great garden challenges

Visit: <https://www.Englandnetball.co.uk/bee-at-home/>

LTA (Tennis) – They have a superb site that provides fabulous practices skills, challenges and exercises to try at home with really useful video guides as well as other learning resources

Visit: <https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/>

And finally....

UK Active Kids – Have teamed up with Nike, Elite Athletes, PE teachers, Sports Coaches and children to create **Move Crew**.

Each week has a new focus introduced by an elite athlete and each day has a new challenge demonstrated by children.

Visit: <https://ukactivekids.com/movecrew/>

For something different take a look at this:

Rounders England - Design a Bat Competition 2020 - Whilst we may not be able to play Rounders at the moment, we do have a competition with Aresson this year that can be completed from home. It is designed to get you thinking about Rounders and, will allow you to get creative and active, making it a great home-schooling activity!

You are asked to design your dream Rounders bat and also create a poster showcasing a Rounders warm up or skills practise that can be done from home.



Each winner receives a bat painted with their design plus a Vision X Bat and Ball Pack. The competition is open to any primary school or secondary school in the UK.

To apply just click the link below to download the Competition Pack - Deadline for entries is 3rd July

<https://www.roundersengland.co.uk/content/uploads/2020/04/Aresson-Design-a-Bat-Competition-Information-Pack-2020-1.pdf>

Stay Active – Stay Safe

Mrs Moran – KS2/3 PE Coordinator

