



Dog Kennel Hill Primary School
East Dulwich
London
SE22 8AB



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Dear parents and Carers,

While the schools are closed it is very important that children maintain their physical activity levels by going for walks or runs. The government's current guidelines allow for walks as long as it is not a crowded place and you keep your distance from people, however look out for changes on the news. Make the most of the garden if you have one. Children can do different challenges and make a video log. Challenges:

- The splits challenge - to get lower each day
- Balance challenge – how long can they balance on 1 leg
- Press up challenge – how many press ups can they do each day
- Sit up challenge – how many sit ups can they do each day
- Plank challenge – how long can they stay in plank or side plank position
- Other exercises such as squats, jumping jacks, spotty dogs and burpees or create your own challenges.

Joe Wick Fitness

Joe Wicks has announced he will start online PE lessons to help keep children fit and healthy during the school shutdown. The UK-based fitness influencer, who is known as The Body Coach, will be holding free 30-minute classes every weekday to help children keep active during a live workout called 'PE with Joe'.

"PE with Joe" on my YouTube channel The Body Coach TV.

Youtube

There is also lots of work outs online via Youtube and other platforms. First thing in the morning is a great time to do a wake and shake with your children to prepare them for their home learning.

Youtube search:

Go noodle (Some examples below) - Dance

<https://www.youtube.com/watch?v=BQ9q4U2P3ig>
<https://www.youtube.com/watch?v=KhfkYzUwYFk>
<https://www.youtube.com/watch?v=IJPvEs8apQc>
<https://www.youtube.com/watch?v=RbzclZMPylg>
<https://www.youtube.com/watch?v=jPII94fl4i4>
https://www.youtube.com/watch?v=Ki8haFw_YIA
<https://www.youtube.com/watch?v=SY1VL-Jhn90>
<https://www.youtube.com/watch?v=lmhi98dHa5w>

Just dance (Some examples below) - Dance

https://www.youtube.com/watch?v=8-9Sm6_yE98
<https://www.youtube.com/watch?v=AFlqSaZM2D0>
https://www.youtube.com/watch?v=drWHI-I_Gew
<https://www.youtube.com/watch?v=3blcf82Ck8A>
<https://www.youtube.com/watch?v=SWHS4HsgnUk>
<https://www.youtube.com/watch?v=RYglVc5Jvig>
<https://www.youtube.com/watch?v=RxoZAnVBWio>
<https://www.youtube.com/watch?v=02ixqN5AM4M>





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Just dance kids (Some examples below) - Dance

<https://www.youtube.com/watch?v=ziLHZeKbMUo>
https://www.youtube.com/watch?v=oe_HDfdmnaM
<https://www.youtube.com/watch?v=ixF0iayJR-s>
https://www.youtube.com/watch?v=KVE-T2_vLpY
<https://www.youtube.com/watch?v=VD6SCq-OlhI>
<https://www.youtube.com/watch?v=domGaQVg004>
https://www.youtube.com/watch?v=Jf_dEcgeJWo
<https://www.youtube.com/watch?v=52pdkAMDe4>

Cosmic kids (Some examples below) - Yoga

<https://www.youtube.com/watch?v=tWSgNEs4IPg>
<https://www.youtube.com/watch?v=Nac95KdNaZ0>
<https://www.youtube.com/watch?v=xlg052EKMtk>
<https://www.youtube.com/watch?v=R-BS87NTV5I>
<https://www.youtube.com/watch?v=tbCjkPlsaes>

Active Kids do better by Nike:

<https://www.activekidsdobetter.co.uk/active-classroom>

I hope this helps but if you have any other suggestions please email the school and we will do our best to share ideas with other parents.

Yours sincerely,

Ms Reid
Science and Physical Education Lead

