

Staying active at home (and keep learning...)

Remember it is really important we all stay active during this time.

Children are used to be **physically active** during the school day so keeping some level of activity during the day will ensure their physical and mental health. Also, children enjoy being active!

The official guidance is that children should have at least 60 mins a day of moderate to vigorous activity.

- During moderate intensity activity children should still be able to carry on a conversation
- During vigorous intensity activity, children should find it more difficult to carry on a conversation.

More online resources:

Youth Sport Trust

<https://www.youthsporttrust.org/free-home-learning-resources-0>

Sport England:

<https://www.sportengland.org/news/how-stay-active-while-youre-home>

Scouts – the Great Indoors:

<https://www.scouts.org.uk/the-great-indoors/>

Nike Active Kids Do Better

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

I am also keen for the children to keep **learning and improving**. So similar to their other subjects please find below some **PE ideas**. I am planning to put together a weekly set of ideas for the children. Please encourage them to have a go at these as part of the schoolwork.

This week the focus is on **creating maps and orienteering**. The aim at the end of the week is to have produced a map of your garden and/ or house in order to set an Easter egg/ Treasure hunt with other members in your household.

Start at the point that your child is at, for example if they understand what a map is then there is no need to start at the beginning.



Can you tweet what you do....?

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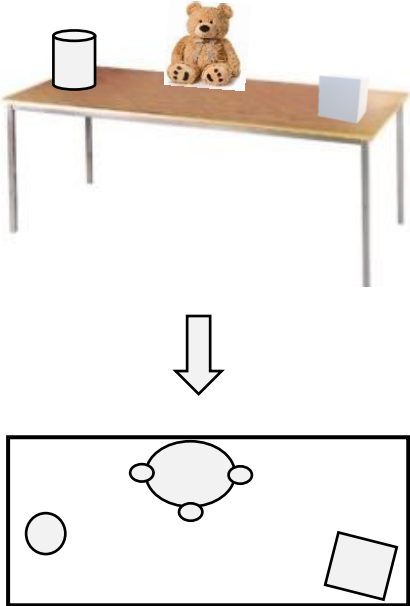


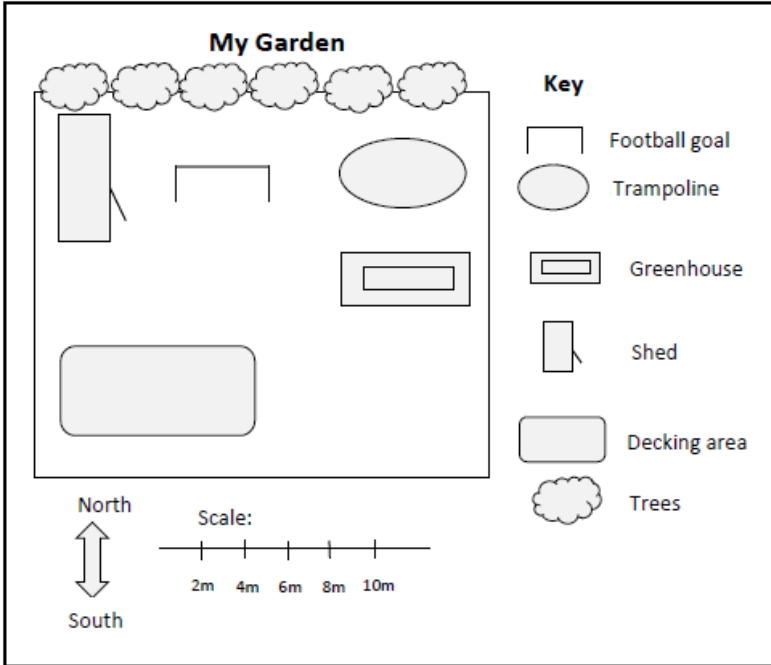
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Ideas for this week: Maps and orienteering

<p>What is a map?</p>	<p>Look at examples of maps either online/ paper format/ whilst out on a walk</p> <p>I have put some below to help</p>	<p>Example: https://www.zoochat.com/community/media/london-zoo-map.6979/</p> <p>Why do we have maps? What features can they see on the maps? For example: a key and a scale Explain that a map is a “bird’s eye view” - looking down from above</p>
<p>Creating a simple map</p>	<p>Create a tabletop map using a few simple items then draw this.</p> <p>Remember:</p> <ul style="list-style-type: none"> - when you create the map, remember to <u>set it</u> – this means what is on your right is on the right side of your map - think about scale as well as positioning - if you use symbols to represent objects then you must include a key <p>Challenges:</p> <ul style="list-style-type: none"> • Move the items on the table, can you redraw the map? • Using a smaller item, place this on the tabletop map, can you show where this is on the map? • Can you stand in a different place and set the map correctly? 	

<p>Creating a map of your room or garden</p>	<p>Repeat the above activity but using a larger space.</p> <p>Remember to include all the features of the space you choose plus a key if necessary</p> <p>Challenges:</p> <ul style="list-style-type: none"> Place a marker on the map, can you stand at the point? Ask someone to put markers in different places in the space and then mark their location on the map. The challenge is for you to find these markers using the map 	
<p>Easter Egg Hunt</p>	<p>Can you use the map of your room/ house or your garden to set an Easter Egg hunt for other members of your household?</p>	<p>You have a choice of options for this, choose whichever level suits:</p> <ol style="list-style-type: none"> Mark on the map where you have hidden the Easter eggs/ prizes You could mark up a map for each hunter so have a number of different versions/ locations Hand the map to the hunter, see how quickly they can find their treasure Have a master map with the location of all treasure. Each hunter is shown the location of one item of treasure on the master map, they must then go and find it. Once found, they come back to be given the location of the next The hunters can either work from a map or use their memory Can you think of another challenge? Could you use codes at each point spelling the location of the treasure?



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