

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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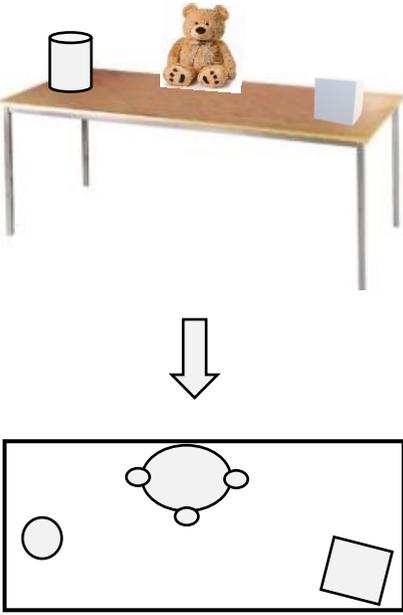


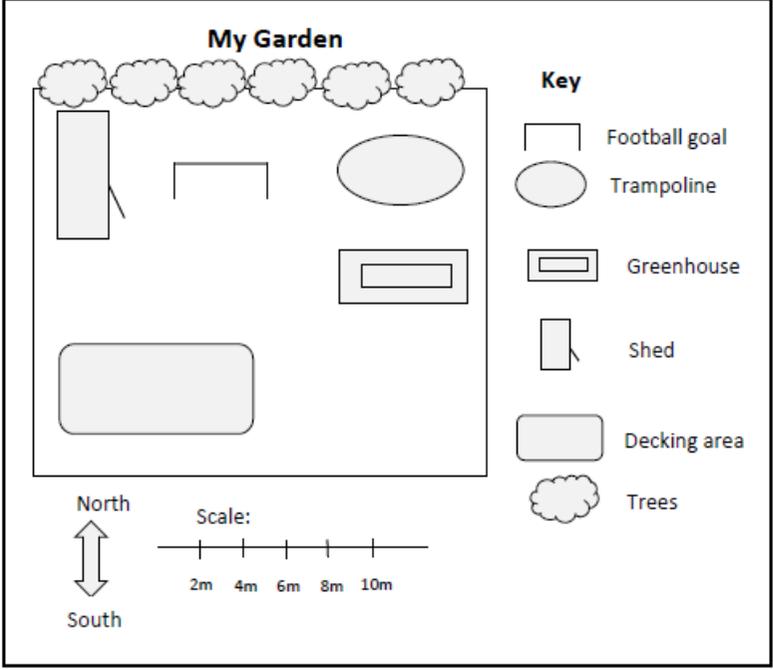
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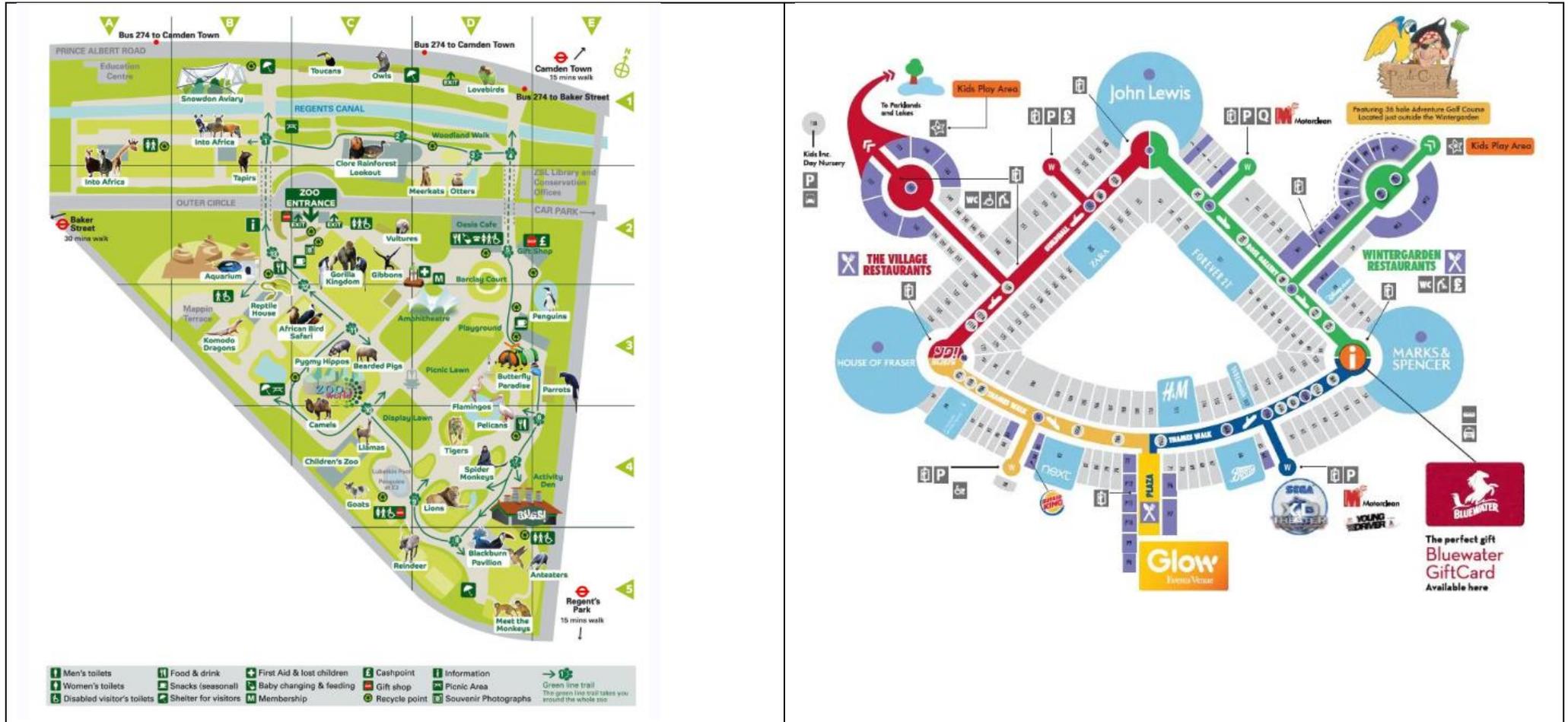


@midsussexactive

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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Felbridge

Civil Parish Boundary
Public Footpaths (The current footpath map is on display at the Village Hall)

- 1 St. John's Church
- 2 School
- 3 Village Hall
- 4 Sports Field
- 5 Evelyn Chestnuts
- 6 Whittington College [site of Felbridge Place]
- 7 Village Pond
- 8 Village Sign
- 9 Village Shop
- 10 The Star
- 11 Wiremill



To London To Lingfield

To Horley To Cophorne To East Grinstead

1km



Hedgecourt Lake and Mill (1854)
The three lakes in Felbridge are all man-made, being flooded in the mid 1500's to serve the iron industry which was being re-established, iron working in Felbridge had been taking place at a much smaller scale during the Roman period. In the 16th century the iron blast furnace operated from Furnace Wood where the schoolmaster lived and in Felbridge Place (see above). Hedgecourt and Wrenmill lakes provided water for a summer mill at what is now The Wiremill, whilst Hedgecourt Mill operated as a corn mill until the early 20th century.



Felbridge School (1918)
The school was established in 1783 by the formation of a Felbridge School Charity by James Evelyn to provide an education for 16 boys and 4 girls from the local area. James Evelyn was the lord of the manor of Felbridge and lived at Felbridge Place (see above). The original school house faces the Village Green and is also where the schoolmaster lived. The school house is the oldest surviving school building in Surrey still used for its original purpose.



Wiremill (1911)
The Wiremill was originally a forge in the mid 1500's. It was used to heat the cast iron produced at the furnace in Furnace Wood into wrought iron using a large hammer which was lifted by the water wheel and then dropped. By 1800, the hammer forge had been converted to manufacture wire using the power of the water wheel. Shortly after 1817, the mill was converted again, this time into a corn mill which was still operating in 1911. It has now become a public house overlooking the lake.



The Star (1918)
The Star has operated as a public house since at least 1797 located on the junction of the London to Eastbourne road with the road to Crawley. Opposite the Star stood a blacksmiths shop where the horses would have been shod. The star in the emblem of both the sheriffs of Sussex and Surrey, appropriate as it stands at the county boundary. The exterior appearance of The Star today is a much earlier timber framed building dating to at least the 16th century when this was a small farmstead known as Heath Hatch.



The Felbridge Village Sign
The sign was erected at the top of the village green in 1984 and was crafted by Joe Jones, blacksmith of Redhill Forge after a design by Parish Councillor, Ken Hauman. The design incorporates many of the elements of Felbridge history; the bridge over Felbridge Water with an Evelyn Charnel, the crane and cannon balls are for the iron industry that flourished in the area, a mill wheel to remind us of the watermill that once stood at Hedgecourt. The squirrels at the bottom are the emblem of Felbridge School. The Chestnut trees and a bridge over the water were also used as the badge of the Felbridge Bowling Club and the Felbridge Rifle and Pistol Club. The combined design has since been used by the Parish Council for its Charnel House of Officers and logo.

This board has been prepared by the Felbridge & District History Group for Felbridge Parish Council 2012.



