

Dear Parents/Carers,

Please find links to websites for further ideas on how to keep your child active during this challenging time.

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

Youth Sports Trust has lots of ideas for home learning activities and 60 second challenges. Just click on the link above and then view resources. Here you should find a list of activity cards for children to either complete on their own or with family members. They can strive to reach their 'personal best' and then maybe challenge family members if they would like a little competition.

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

Active Kids has lots of videos of fun workouts for children to follow. If you're a little bored of Joe Wicks then this offers a great alternative.

Also, keep checking the schools twitter account on Monday's for a weekly challenge.

Remember, these are just suggestions and if you are managing to get outside for a walk, run, skip, bike ride or scooter ride then that's fantastic too. Keep active and have fun!

Kind Regards

Mrs Wardell