

# PE News



Welcome to our PE Newsletter.  
Each term we will celebrate PE and physical activity throughout the school.

Even though we've been learning from home this half term, I have seen snapshots on Google Classroom of how you have been keeping active. Thank you to everyone who has been joining in every day with the PE activities uploaded by your teachers.

Children should get 60 minutes of physical activity every day. Not only does it keep us fit and healthy, but it's good for our mental health too! 😊

Here's a snapshot of some of the ways the boys and girls of St. Peter and St. Paul's have kept moving during lockdown.



# Keeping Active at Home

## Scooter or Cycle Raceway



Grab some cones, water bottles or chalk, any items you can use to mark out an obstacle course you can navigate on your bike or scooter.

Be creative with the items you use and the course you set out, but be safe and sensible.

Don't have anything to make a course? You could just go for a bike ride or a scoot!

## Post It's Wall Bop



Write the numbers 1-20 on Post It notes or pieces of paper and spread them across the back of a door or wall space. Using a soft item, such as a pair of socks, have 10 goes each to hit the numbers and add up your score.

Here are some website links to help you to keep active at home.

- Active Games to help you get moving at home.

<https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002>

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

- 60 Second Physical Activity Challenges

<https://www.youthsporttrust.org/60-second-physical-activity-challenges>

- Disney Dance Along Videos

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

