

## Keeping Active At Home

Dear Parents/Carers,

To support children's physical well-being whilst they are not at school, Mr Robinson and Miss Behrouzi are challenging every pupil to be physically active for at least 1 hour every day!

There are many ways to keep active at home through creating your own games in the garden to following fun engaging workouts online. Please follow our school PE twitter for a constant update of ideas that can be used at home:

Bovingdon PE Twitter - **@Bovingdon\_PE**.

We would love to see what creative activities your children are getting up to during half term. Please send any pictures, videos or ideas you have come up with to our school admin email:

[admin@bovingdonacademy.org.uk](mailto:admin@bovingdonacademy.org.uk) or to our PE twitter account. Our aim is to create a display board at school when we are back in our daily routine, of all the physical activities our children have been doing.

Below is a list of useful resources that we would like our children to try and access while school is closed:

### •**The Body Coach TV:**

Starting Monday 23<sup>rd</sup> March at 9am Joe Wicks will be running Live daily workout routines for children on his YouTube channel – The Body Coach TV. These workouts last 30 minutes and we challenge every child to take part every day!

### •**Go Noodle – Get Moving (Dance):**

Go Noodle – Get Moving is a YouTube channel that gets children active and moving through dance. We challenge your children to try and complete many of their children friendly activities.

### •**Imoves:**

Imoves are an interactive sports company that have offered children FREE online resources for children to try. This is very useful for early years and KS1 and includes maths and English resources. Please visit the following link to sign up and receive more information: <http://join.theimovement.com/>

•**Proformance Global – Football Drills:**

One of our external providers; ProFormance Global Football Academy have given FREE access to all Bovingdon children to allow them to access many resources, so they can continue to train and develop their football skills at home. Please visit their website for more information:

[www.proformanceglobal.com/trainathome](http://www.proformanceglobal.com/trainathome)

•**GetSet4PE:**

From Monday 23<sup>rd</sup> March 'Get Set 4 PE' will be posting daily active games and workouts on their twitter account for all children to try and complete. Please follow their twitter account for a daily update: **@GetSet4PE**

**Stop Breathe & Think (Yoga & Mindfulness):**

An award-winning mindfulness app to support children to connect with their emotions in a fun and easy way. There are various activities ranging from how to focus, feel energised or to help them to relax. They also have a YouTube channel – Stop Breathe & Think. For further yoga sessions Cosmic Kids and Yoga for kids are fun, friendly and easy to follow.

•**JP Pro Football Academy:**

JP Pro will be posting regular football drills for children to try at home. Please follow their Instagram accounts and try to replicate your own:

@jpprofootball

@jpprocoaches

Whether you complete one or all of these we really encourage parents to talk to their children about the different ways they can keep fit and show them the different active movements they can join.

Yours sincerely

Mr J Robinson  
Head Sports Coach

Miss S Behrouzi  
PE Apprentice