

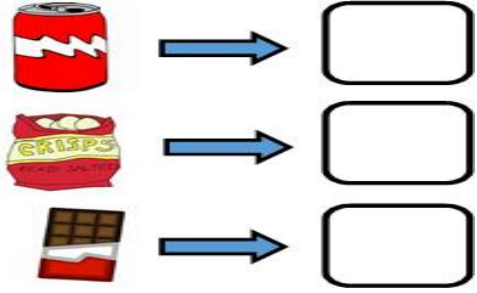





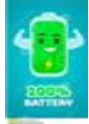

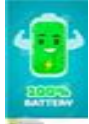

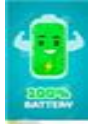

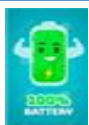



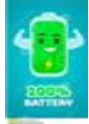

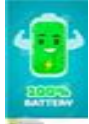

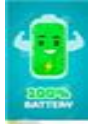

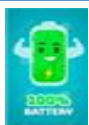



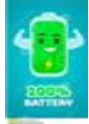

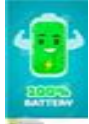

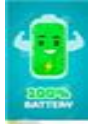




# Staying fit and healthy at home (KS1)



<u>Physical</u>	<u>Mental</u>	<u>Healthy</u>																		
<p><b>-Joe Wicks</b></p> <p>During 2020 lockdown Joe Wicks was the nation's PE teacher!</p> <p>Type into 'YouTube' "Joe Wicks lockdown workout" and you will find lots of his work-outs to try out yourself.</p>  <p><b>Intensity: High, Time: 20-30mins</b></p>	<p><b>-Cosmic Kids Yoga</b></p> <p>Relax and unwind with a yoga session! There are lots to choose from, 'Pokemon' to 'Frozen', 'Star Wars' to 'Trolls'. Just type in "Cosmic Kids Yoga" and choose your favourite theme!</p>  <p><b>Intensity: Low, Time 30-60 mins</b></p>	<p><b>-Healthy Swaps</b></p> <p>Can you think of any swaps you could do during the day for unhealthy snacks?</p> <p>Instead of:</p> <p><b>Fizzy drink?</b></p> <p><b>Packet of crisps?</b></p> <p><b>Bar of chocolate?</b></p> 																		
<p>-Exercise Shopping</p> <p>-You have £1 to spend:</p> <p>Shopping List:</p> <p>Run on the spot 5 seconds (10p)</p> <p>5 star jumps (20p)</p> <p>5 press ups (15p)</p> <p>Balance 1 leg for 5 seconds (5p)</p> <p>Can you spend all of your money exactly?</p> <p>Try changing the amounts of money and see if you can still do it..</p>  <p><b>Intensity: medium, Time 15 mins</b></p>	<p>--Family Workout</p> <p>Every family member picks 1 exercise each.</p> <p>You have to do each exercise for 2 minutes (if there is 2-4 people in your house)</p> <p>1 minute (5-8 people)</p> <p>30 seconds (8+ people)</p> <p>When you have finished answer these questions as a family (everyone answers)</p> <p>"Who worked the hardest?"</p> <p>"Which exercise did you like the most?"</p> <p>"Which was the most fun activity?"</p>  <p><b>Intensity: medium, Time: 15 mins a day.</b></p>	<p><b>-Food as fuel, try a different breakfast every day!</b></p> <p><b>Circle whether you feel like a low battery (no energy) or a full battery (lots of energy) after you've had your breakfast.</b></p> <table border="1" data-bbox="826 1160 1369 2103"> <thead> <tr> <th>Day</th> <th>Breakfast</th> <th>Results</th> </tr> </thead> <tbody> <tr> <td>Monday</td> <td></td> <td>   </td> </tr> <tr> <td>Tuesday</td> <td></td> <td>   </td> </tr> <tr> <td>Wednesday</td> <td></td> <td>   </td> </tr> <tr> <td>Thursday</td> <td></td> <td>   </td> </tr> <tr> <td>Friday</td> <td></td> <td>   </td> </tr> </tbody> </table>	Day	Breakfast	Results	Monday		 	Tuesday		 	Wednesday		 	Thursday		 	Friday		 
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