



Chester SSP



Activities To Do At Home no.3



Hopefully now you are starting to have a bit of a routine, there will be peaks and troughs as the days go by. So please just be there to support the children and families as best we can.

Again we have more ideas for you to keep the children active, some are better than others. So please feel free to adapt them to suit the needs of the children (and any adults that are taking part!).

As a School Games Organiser national network, we are starting to share some great ideas on ways to keep active. We have included a game in this week's edition on the next page.

The Body Coach—Joe Wicks

The Body Coach TV is the home of Joe Wicks' workouts. He has hundreds of free workouts for all fitness levels. These fun workouts can be done at home with no equipment.

Many schools have been doing his morning workouts, but for the older children, these workouts may be more suitable.

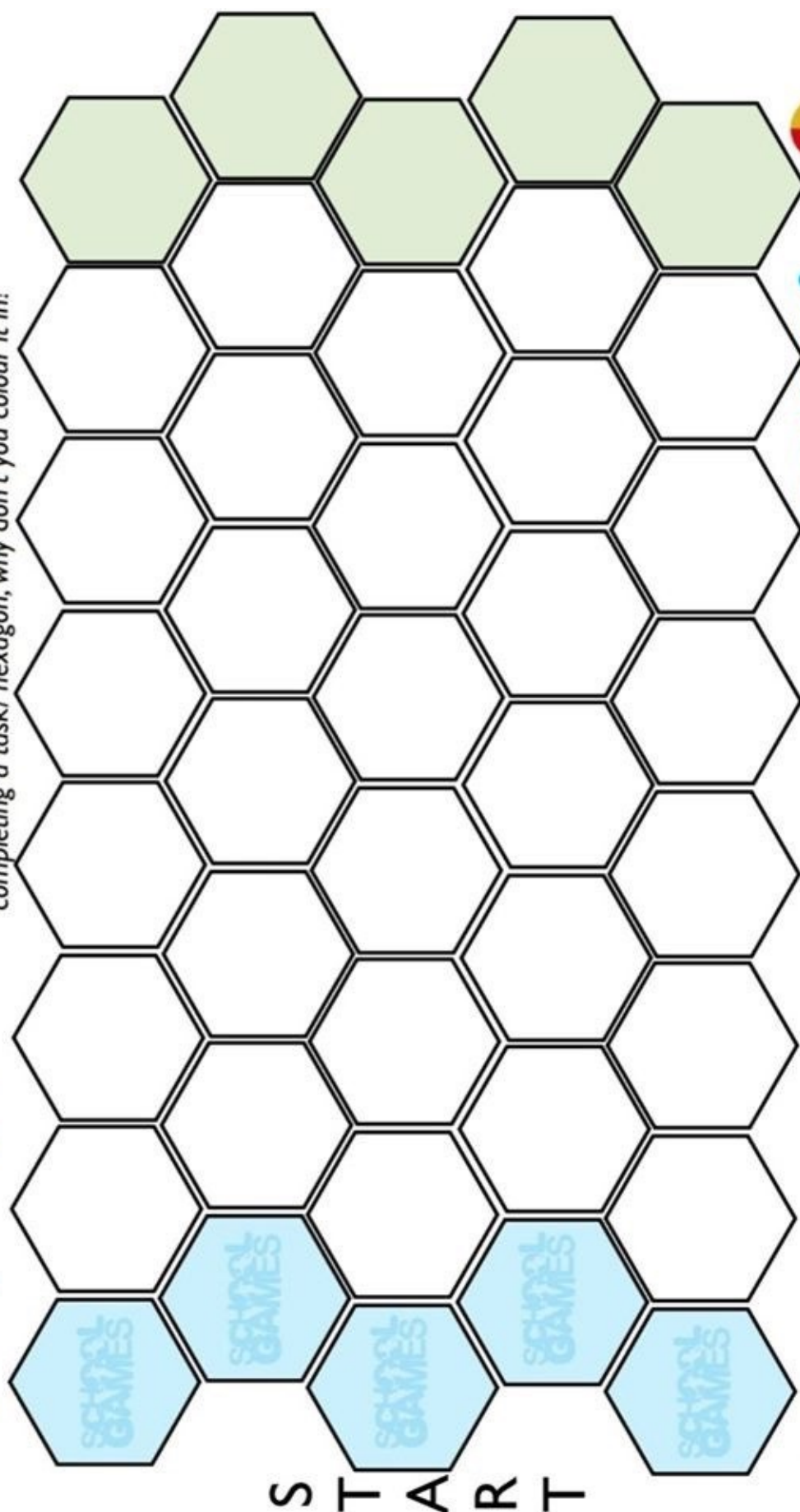
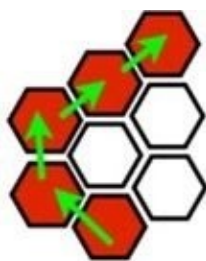
<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

The screenshot shows the YouTube channel page for 'The Body Coach TV'. The channel has 1.85M subscribers. The featured video is 'The Body Coach TV 2020 | The Home of Home Workouts', which has 835,363 views and was uploaded 1 month ago. The video description reads: 'I started the Body Coach TV with a goal to offer free home workouts to everyone, no matter what their fitness levels. It's taken me a long time to grow it but it now has over 250+ free workouts and reaches millions of people all over the world.' The channel banner features a man in a blue shirt and the text 'THE BODYCOACH TV > New HIIT workouts every week'.

HONEYCOMB

ACTIVITY

Rules: Starting on one of the blue shaded hexagons, your task is to make it across the green shaded hexagons completing the task before moving to the next hexagon. The path you chose is up to you. See the diagram for an example. Land on a School Games hexagon then you can chose something fun and interesting. After completing a task/ hexagon, why don't you colour it in!



We would love to see some pictures of you playing this game, tweet @WestfieldSGO and use #StayInWorkOut

Change 4 Life—Disney Games

change 4 life


Food factsRecipesActivitiesYour child's weightJoin Change4Life

Be Lumiere's Guest


minute shake up
from change 4 life with Disney

1+ Players

When Lumiere shows Belle all the culinary delights of the castle, he puts on a fantastic show. Now it's your turn to prepare for another great party!

 I like this!


606




change 4 life

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1 Mark out a line with a skipping rope or some string. Along 1 side, place cushions or toys at different distances away from the line.




2 Now stand on the line and pose like Lumiere by standing on one leg, putting your arms in the air at right angles like a candlestick.



3 You're against the clock! Jump along the line holding your pose, then pick up each item and move it to the other side - make sure your feet do not leave the line.




Time yourself...



You may also like...

10 minute shake up
from change 4 life with Disney



Here is another 10 minute shake up game from Disney, great for families to do together at home.

The 10 minute bursts of fun will get everyone moving and will count towards the 60 active minutes a day!.

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

Imoves—free access

imoves

the
imovement
Powered by imoves

Corona-virus active learning support

Free fun activities for teachers and parents to keep children happy, healthy and focused

We have re-purposed our 'imovement' resources to enable active learning at home as well as in the classroom.
The imovement is and always will be FREE for you to use with your children aged 4- to 11-years old.

We want to get kids moving every day, and with the current challenges we face, we want to support you to get your children active!

That's why the imovement is FREE for teachers and parents!

Get new activities to use with your children every day of the week using some of our best **resources** - absolutely **FREE** and straight to your inbox - **EVERY DAY!**

Whether it's a quick 2-minute active blast, 10-minute blasts with additional learning points, or full lessons; it's **easy for parents and teachers** to get children active in the home or classroom.

You'll become part of a **rapidly growing community** looking to get children active every day and giving them the **brighter, healthier, happier future** that they deserve.

<https://imoves.com/imovement-signup>

Government advice

Please always follow the latest government advice on staying inside and social distancing.

Stay at home

- Only go outside for food, health reasons or work (but only if you cannot work from home)
- If you go out, stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home

Do not meet others, even friends or family.

You can spread the virus even if you don't have symptoms.



Read more about staying at home and away from others

STAY AT HOME

PROTECT THE NHS

save lives



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Don't forget to follow us on Twitter for all
the latest pictures and updates.

 **@ChesterSSP**

Website: www.chesterssp.co.uk

If you no longer wish to receive the Chester School Sport Partnership newsletter, please can you notify us on enewstead@blaconhigh.cheshire.sch.uk or claire.smedley@blaconhigh.cheshire.sch.uk and we shall remove you from our mailing list.

'Providing opportunities for every young person to shine'

#StayInWorkOut