

PRIMARY

BERKSHIRE

ACTIVE@HOME

Supporting you to keep your pupils active

WEEK TWO
04.05.20

Launching....

Virtual
SCHOOL
GAMES

Our first event KS2 Sportshall Pentathlon.

You can find the teacher guidance, activity card and scoresheet [HERE](#). Deadline for entries **noon 11th May**. Please see the Teacher Guidance notes sent with this email for more details. If schools are interested in competing this week [SIGN UP HERE](#) by **8th May 3pm**.

some fun activities & resources....

Partnering with **Disney** and real families across England, This Girl Can has captured some of the ways mums and kids get moving to the songs they love. You can learn their moves or put your own spin on their routines. At the end of the day, it's about breaking a sweat while having a bit of fun. Ages 5 to 8.

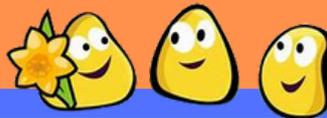
THIS
GIRL
CAN



Goosebies

Andy's Wild Workouts

Have fun with Andy as you learn some fun animal moves that he has learnt on his travels across the world. This is a fun way to include exercise into your daily routine at home, Ages 5 to 8.



Try the Premier League Primary Stars great new game featuring Premier League footballers. Rise through the levels to prove your skills as a spelling and maths superstar. Ages 5 to 11.

Premier League
Primary Stars

PRIMARY

BERKSHIRE

ACTIVE@HOME

Supporting you to keep your pupils active

WEEK TWO
04.05.20



Forty fun activities to do at home from the Windsor Sports Partnership. Use the planner to record or plan your active week.

something a little different...

NHS

How a child or young person reacts to the coronavirus (COVID-19) outbreak may depend on their age, past experiences or understanding of what's happening. This NHS resource provides parents and carers 10 top tips to look after the mental health of those they care for during this time.

EVERY MIND MATTERS



Cosmic Yoga
Yoga, mindfulness and relaxation designed specially for kids aged 3+, used in schools and homes all over the world.



PE Curriculum resources...

Short videos posted at 1pm on a Monday, Wednesday and Friday, that will show parents (and teachers) free, fun and easy to follow PE activities for the whole family to enjoy together. Each video, delivered by PE teachers, will focus on a different aspect of the National Curriculum Supported by AfPE and YST.

#THISISPE

real PE

Supports families to play and learn together and includes 12 themes, 6 areas, over 250 activities and challenges and 1000s of hours of fun and activity for every family! View the real PE at home video to see more by [clicking here](#).