

Kingsbury High School Sports Partnership

#StayInWorkOut #5WaysToWellbeing #BrentKidsMoveMore

Week commencing : 23 March

To help us get through this isolation period, it is important to keep to a daily routine which includes physical activity. We will use the 5 Ways to Wellbeing (Be Active, Connect, Give Back, Take Notice & Learn) to help with ideas of what you can do at home. Remember the Chief Medical Officers recommendation is to be moderately active for at least 60 minute every day.

MONDAY - FRIDAY

Join Joe Wick at 9AM every morning for a live 'PE Lesson' on his YouTube channel (The Body Coach TV). This will also be available on the channel after the session for you to have a go. Think about the below each day

Monday - **BE ACTIVE** & have fun.

Tuesday - **CONNECT** with friends, can you make it competitive? or do it together via video call?

Wednesday - **GIVE BACK** by seeing if you can help someone at home join in and take part

Thursday - **TAKE NOTICE** of the different activities and how they make your body feel

Friday - **LEARN** about the benefit of being physically active

SATURDAY & SUNDAY

Be **CREATIVE** by choosing some of the activities you have done in the week to make up your own lesson at home.

Other Ideas to Keep you Moving

Going for a walk in safe spaces, where there are not many people (e.g.garden, parks).

Help with household chores like hovering and dusting.

Fun Personal Challenge

You can do this as many times as like, try to beat your best score from the day before. At the end of the week, tweet, DM or email us with your name, school and best score. A video or picture of you doing the challenge would be good too 😊

Balance an object on any part of your body and see how far you can travel without dropping it. Challenge yourself by balancing the object on different parts of your body and/or changing the size & shape of the item. Can you get someone else in your house to have a go?