

# Inside Active Schools @home

Active Surrey's weekly activity sheet to keep your children active



## Virtual Surrey School Games

### 'Personal Best' Competition

Get involved with our Virtual School Games Cross Country competition by choosing from the two options below:

1. Walk / run / jog continuously for 10 minutes
2. Walk / run / jog for 1 mile (1.6km)

Record your time / distance each week and send to your teacher.

**CROSS COUNTRY**  
Let's keep active together  
Can you?  
Walk/jog/run continuously for 10 minutes  
OR  
Walk/jog/run 1 mile (1.6km)  
Note down your best time or distance each week and send in to your teacher

@ActiveSchoolIAS  
#SurreySchoolGames

VIRTUAL SURREY SCHOOL GAMES

AS ACTIVE SURREY

## Movement Breaks

Simple, quick ideas to get pupils moving throughout the day

### PhysiFUN @home

PhysiFUN is a set of short, fun games that primary schools use to get pupils moving. We've adapted some of them for home use and you can see the games in action on [YouTube](#).

### Deskercise

Sitting and staring at a screen is not good for anyone. Children will feel stiff, get fidgety and lose concentration. Trying the simple moves on the pdf accompanying this IAS @home will help.



## Partner resources

Activities from trusted partners, focusing on the curriculum, wellbeing & SEND



### Self-care

#### 1. Curriculum: Create Development

Free sample real PE games and activities for [Early Years Foundation Stage/Key Stage 1](#) and [Key Stage 2](#).

#### 2. Wellbeing: Stormbreak

Mentally healthy [movement ideas](#), videos, animations and blogs for primary aged children.

#### 3. SEND: Mr Higgins

Join PE teacher Mr Higgins everyday at 5pm on his [YouTube channel](#) for lots of inclusive and accessible PE ideas.



## Activity Challenge

Each week we will share a themed activity card

Jump Start  
Jonny video

Stretch - use the  
Deskercise  
excercises

This week is Activity Bingo which focuses on Active Breaks.

Once your child has completed the card, you can unlock their certificate by emailing their name, school year **and** school to our [email address](#).