

Inside Active Schools @home

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

AS

Virtual Surrey School Games

'Personal Best' Competition

Have you got involved with our Virtual School Games Cross Country competition? Choose 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 your results 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

@ActiveSchoolAS
#SurreySchoolGames

VIRTUAL SURREY SCHOOL GAMES

AS ACTIVE SURREY

Movement Breaks

Simple, quick ideas to get pupils moving throughout the day

Building active breaks into the day is really important and will improve concentration levels and behaviour.

Sitting still for long periods of time is very harmful to our health and not something children are used to.

Short bursts of physical activity a few times throughout the day will make home schooling easier.

Check out our [Activity Timetable](#) on page 3 and give it a go!



Partner Resources

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

1. Curriculum: imoves

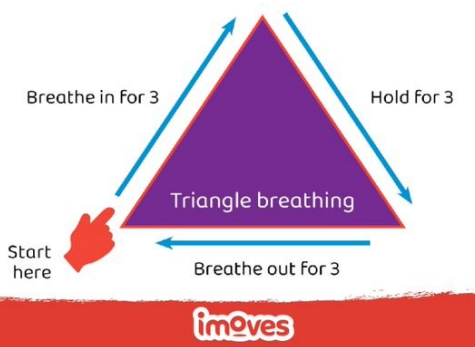
Imoves have a brand new [Home Learning Hub](#) with over 350 videos to keep kids moving and engaged at home.

2. Wellbeing: Daily Mile at Home Challenges

Each week, Daily Mile will be sharing 3 new challenges for children to complete and help them stay happy and healthy.

3. SEND: British Blind Sport

[Active at Home programme](#) featuring live and pre-recorded workouts.



Activity Challenge



Make a racket out of household items and play a game with it

Each week we will share a themed activity card

This weeks Activity Bingo focuses on Creativity.

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

Virtual Surrey School Games



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The poster features a stylized white line drawing of a running shoe on the left and a running figure on the right. The background is orange with a green and pink curved border on the left side.

Who: Key Stages 1 - 4, including SEND

What: Walk / jog / run continuously for 10 minutes OR run a set distance of 1 mile (1.6 km)

When: 14 January to 4 February 2021

Results:

Home - Parents should submit results to their school, who can collate them (via an excel spreadsheet) and send to Active Surrey at active.schools@surreycc.gov.uk.

School – Children in school should give their scores to their teachers.

Certificates: Active Surrey will send certificates to all schools, to distribute to pupils and parents.

Additional Info:

All activities should follow **Government Guidance** in response to COVID-19 and the [afPE safe practice](#) guidelines. Each school will also have their own policies and procedures to follow.

Keeping active at home during lockdown

Building active breaks into the day is really important and will improve concentration levels and behaviour. Sitting still for long periods of time is very harmful to our health and not something children are used to. Short bursts of physical activity a few times throughout the day will make home schooling easier. A plain text version of this document is available upon request.

When	Action	Why
Before School	<p>Start the day off with a brisk walk.</p> <p>This only needs to be 5-10 minutes, but every minute counts.</p> <p>You can log it for Virtual Surrey School Games Cross Country competition.</p>	<p>Parents: Use this opportunity to go over your child/ren's home schooling plan for the day</p> <p>Children: The fresh air and walk will invigorate your body & mind, making you more ready to learn.</p>
Lesson One		
Morning Movement Break 1	<p><u>Cosmic Yoga</u>, stretching/power poses (use Deskerchise poster), 5 minute move with <u>Joe Wicks</u> or an energiser workout with <u>Jump Start Jonny</u></p>	<p>Parents: You need this as much as your kids do, so why not join in and get the blood flowing</p> <p>Children: After this stretch or burst of exercise you'll be able to concentrate even better on your school work.</p>
Lesson Two		
Morning Movement Break 2	<p>Try your best at one of Active Surrey's <u>PhysiFUN @ home activities</u>.</p> <p>These games are designed to be fun, simple and played at home.</p>	<p>Parents: Each activity not only gets your children up and active, but will inspire passion, encourage respect & good listening.</p> <p>Children: Some of these games work best with at least 2 players, so encourage siblings or parents to join in!</p>
Lesson Three - Can you make this an active lesson?		
Lunchtime	<p>Take a break from learning.</p> <p><i>Do you know how much water you should have per day?</i></p> <ul style="list-style-type: none"> • 4-8 year olds need 1.1 to 1.3 litres • 9-13 year olds need 1.3 to 1.7 litres 	<p>Parents: Give your child/ren some much needed free time.</p> <p>Children: Refresh your brain with some nutritional food and drink.</p>
Lesson Four		
Afternoon Movement Break	<p>Bingo Activity card.</p>	<p>Parents: Short, fun challenges for children to do</p> <p>Children: This will boost your mood, be lots of fun and you could get a certificate!</p>