



Orleans Primary School

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Staying active at home

The latest news from the Government is that schools in the United Kingdom will be shut from Friday 20th March.

During this time, we want to encourage everyone to stay active at home. Alongside your child's work each day, Year groups will be sending out daily activities which you can do with your children to encourage movement, flexibility and coordination. There are huge mental and physical benefits for staying active, so please try and encourage 60 active minutes a day (as per the governments guidelines).

This document has been put together as an additional resource bank of ideas for you to access if needed. We have collated resources into videos, healthy living and printable resources.

Videos

BBC SuperMovers – KS1 and KS2

<https://www.bbc.co.uk/teach/supermovers>

Joe Wicks PE at home – KS1 and KS2

https://www.youtube.com/watch?v=K6r99N3kXME&feature=emb_title

Healthy Futures – All age groups

<https://www.youtube.com/channel/UC080YLDsIDdHBgYDYenP3Zg/featured>

Yoga from Cosmic Kids Yoga – EYFS and KS1

https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_gbQ

Athletics from BBC Teach Class Clips – KS1 and KS2

<https://www.bbc.co.uk/teach/class-clips-video/physical-education-ks1-ks2-lets-get-active-simple-indoor-track-and-field-challenges/z4c2bdm>

Just Dance – All age groups

<https://www.youtube.com/channel/UC0Vlhde7N5uGDIFXXWWEbFQ>

GoNoodle – EYFS and KS1

<https://www.gonoodle.com/>

Boundless Dance – All age groups

<https://www.boundlessdance.co.uk/>



Richmond upon Thames
Children and Young People's Trust



Healthy Living

Food and Exercise Log - All age groups with support

[https://mcusercontent.com/35a57192e9ec6a559eaaa6cf9/files/f7795400-2fba-4c62-a120-2f86a141e64b/Food and Fitness Log.pdf](https://mcusercontent.com/35a57192e9ec6a559eaaa6cf9/files/f7795400-2fba-4c62-a120-2f86a141e64b/Food_and_Fitness_Log.pdf)

Recipes and 10-minute activities from Change4Life – EYFS and KS1

<https://www.nhs.uk/change4life>

What To Do When The Kids Are Home 24/7 – adults

[https://mcusercontent.com/35a57192e9ec6a559eaaa6cf9/files/8725198c-a62b-4e85-a773-de87898605c5/What To Do When The Kids Are Home 24 7.pdf](https://mcusercontent.com/35a57192e9ec6a559eaaa6cf9/files/8725198c-a62b-4e85-a773-de87898605c5/What_To_Do_When_The_Kids_Are_Home_24_7.pdf)

10 Tips To Look After Mental Wellbeing During Isolation – adults

[https://mcusercontent.com/35a57192e9ec6a559eaaa6cf9/files/5bbd35b5-b9eb-45db-afe4-fe3a383c1b77/10 Tips To Look After Mental Wellbeing During Isolation.pdf](https://mcusercontent.com/35a57192e9ec6a559eaaa6cf9/files/5bbd35b5-b9eb-45db-afe4-fe3a383c1b77/10_Tips_To_Look_After_Mental_Wellbeing_During_Isolation.pdf)

Printable Resources

Group Activities - All year groups

<https://www.activekidsdobetter.co.uk/active-home>

20 Activities to try at home – KS1 and KS2

[https://mcusercontent.com/35a57192e9ec6a559eaaa6cf9/files/ca721c01-dadb-4434-89ff-be64f1f19aa8/20 Activities to try at home.pdf](https://mcusercontent.com/35a57192e9ec6a559eaaa6cf9/files/ca721c01-dadb-4434-89ff-be64f1f19aa8/20_Activities_to_try_at_home.pdf)

Active Monopoly – KS1 and KS2

[https://mcusercontent.com/35a57192e9ec6a559eaaa6cf9/files/0852e3f0-ec76-494d-b704-f7d33a23f0b6/Active Monopoly.pdf](https://mcusercontent.com/35a57192e9ec6a559eaaa6cf9/files/0852e3f0-ec76-494d-b704-f7d33a23f0b6/Active_Monopoly.pdf)

Fitness Challenge Cards from Greenacre – All age groups with support.

[https://mcusercontent.com/35a57192e9ec6a559eaaa6cf9/files/89b4ef94-97ad-44e0-abc7-0e6fc98d2bd0/Greenacre Sports Partnership Activity Booklet.pdf](https://mcusercontent.com/35a57192e9ec6a559eaaa6cf9/files/89b4ef94-97ad-44e0-abc7-0e6fc98d2bd0/Greenacre_Sports_Partnership_Activity_Booklet.pdf)

Fitness Challenge Cards from WowActive - All age groups with support.

[https://mcusercontent.com/35a57192e9ec6a559eaaa6cf9/files/c7918cb9-6535-4d23-8ab5-e4360f2f4652/WowActive Challenge Cardspdf.pdf](https://mcusercontent.com/35a57192e9ec6a559eaaa6cf9/files/c7918cb9-6535-4d23-8ab5-e4360f2f4652/WowActive_Challenge_Cardspdf.pdf)

We wish you and your families the best of health at this time, and hope you find some of these links inspiration to help maintain yours and your families fitness, as well as bring positivity and closeness.

Miss Reynolds