



**Parents** – I would really appreciate it if you could read or pass on my letter to your children. Thank you. Keep safe.

*Mrs Goldsmith*

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## PE & Sport Update

Hello everyone,

I hope you all enjoyed seeing our video last week. We all had fun making it and I managed to record my keepy –uppies with the tennis racket first time!

I hope you have all still been keeping active and getting out with your families for some daily exercise. I am still walking around the village every day. Give me a wave if you see me!

I have put together a few more learning sheets and website links for you to look at. I hope you enjoy them.

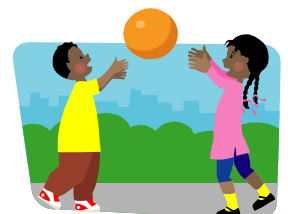
Also on the PE website page (PE & Sport) which can be accessed from the Class Pages, I have detailed all the information you need to know about the Norfolk School Games Virtual Challenges. Each week a challenge will be set by the team of School Games Organisers and pupils are encouraged to submit photos and videos of themselves and their families completing the challenges. All the information you need is on the webpage and I am updating it weekly with the challenges videos. Have a look with your parent/carer.

Sadly we won't be able to take part in "Bring Your Wheels Week" which I had been planning for this term. For a whole week I wanted everyone to walk, bike or scooter to school to increase our physical activity levels. Some of you might remember doing this a few years ago and we had a visit from a BMX champion who jumped over the staff on his bike, as they laid on the playground! I thought we could run a competition to design a bike instead, so in your packs you will find a picture for you to colour however you want. You can choose which bike you do or maybe have a go at all three! If you would like your work to be showcased on our website, please submit a photo of your creation to [office@scole.norfolk.sch.uk](mailto:office@scole.norfolk.sch.uk). Have fun and use lots of colour or even a theme. I look forward to seeing some of your creations.

As the sun is shining it still seems a shame we are not all down the field throwing javelins, running races, designing our sports day, playing rounders and using our track. Let's hope that we will be back together having fun soon, but just for now let's keep everyone safe.

Take care and keep active!

*Mrs Goldsmith*





## Website Links

Remember to ask an adult before you use the internet.



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<https://www.yorkshiresport.org/get-active/active-at-home/>

or on Twitter @YorkshireSport (Videos posted at 1pm on Monday, Wednesday and Friday, which I would recommend)

or on a YouTube playlist

<https://www.youtube.com/playlist?list=PLYGRaluWWT0jV3An2WEgsQ4qGFy91jDL> (this shows all the activities that have already been posted plus adds the new ones.)

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<https://www.yourschoolgames.com/coronavirus-support/>

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<https://www.sportengland.org/stayinworkout> (adults can join in too!)

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<https://www.youthsporttrust.org/free-home-learning-resources-early-years>

(For class 1)

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<https://www.youthsporttrust.org/pe-home-learning> (KS1 & 2)

Lots of activities across all the areas we cover in PE and most have videos with them.

<https://www.youthsporttrust.org/60-second-physical-activity-challenges>

Ks1 & 2 60 second activity challenges very similar to activities we do in PE lessons. You can also download a tracking sheet to record your progress (Top RHS of page.)

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Most of the sheets that are in the Home Learning Packs will be on each class Home Learning webpage, plus on the PE & Sport webpage, along with these links.