<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Can you build an obstacle course from things around the house? You could try going under the table, over a chair and around a cushion. Remember to take care and no running indoors. Make sure you ask your grown-ups to check what you have created before you use it! Complete a jigsaw puzzle and post a picture of it on Twitter.</td>
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<td>Tuesday</td>
<td>Can you throw an object at a target? You could try getting lego into a box or crate from a distance or throwing a soft toy to land on a cushion. How many did you score? Use colour pencils and paper and create a pattern. Can you make circular shapes, zig-zags and stripes.</td>
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<td>Wednesday</td>
<td>Can you lay a length of string or rope along the floor and jump backwards and forwards? Make sure you have space. Can you keep going for 1 minute? Use a pack of playing cards and have a game of snap – how fast can you go?</td>
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<td>Thursday</td>
<td>Can you slither like a snake around a room in the house.? Go around 3 times. Do you notice your heart rate? When you have a bath or shower, see how hard you can squeeze the bubbles in your flannel or sponge.</td>
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<td>Friday</td>
<td>Can you sweep the floor or carpet using a small hand brush? Try it for 2 minutes? Do you notice any difference in your arms or heart rate? Can you attach clothes pegs to the clothes airer? See how many pegs you can attach in 1 minute.</td>
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Other suggestions:

- **PE with Joe**
  Join Joe every weekday at 9.00am for a home exercise routine aimed at kids. Joe hosts a free 30 minute workout LIVE on YouTube  [https://www.youtube.com/watch?v=-8o8wMgAT-Y](https://www.youtube.com/watch?v=-8o8wMgAT-Y)

- **real PE at home**

  The website address is: [home.jasmineactive.com](http://home.jasmineactive.com)

  Parent email: parent@irthlingbo-2.com

  Password: irthlingbo

**real PE** at home includes an online programme which supports families to be active, play and learn together. It includes a programme specifically for children in Early Years and Key Stage 1 with 12 themes, 6 areas, over 250 activities and challenges and 1000s of hours of fun and activity. This programme is great for family play and fun. It also includes a programme for children in Key Stage 2, with daily and weekly guidance provided for both programmes in addition to an option to choose your own themes and activities.

**If you want to know about young children’s physical development read on ....**

In the Early Years, we are concerned about children’s **gross motor development** (their muscles and whole body) as well as their **fine motor development** (particularly the fingers). Each day we will suggest activities for both. We are mindful of the limited space you may have and ask the children to take special care of themselves and the items in the house. Some of these activities are best outdoors but we know not all families have access to an outdoor space.

**So why is physical activity so important for children?**

Physical activity has countless health benefits for children! Not only does exercise improve a child’s overall health and fitness, but it can also help to improve their mental health and cognitive development as well.

Here are some of the key benefits of physical activity for children:

- Builds confidence and improves social skills
- Gives children the opportunity to learn new skills and teaches them important life skills
- Strengthens muscles and bones
- Helps to develop coordination
- Enhances concentration and learning, which increases productivity and success
- Makes children feel good and elevates their mood
- Inspires positivity and encourages tolerance
- Helps to relieve stress and maintain mental and emotional wellbeing
- Improves sleep and energy levels
- Reduces the risk of morbidity and mortality from chronic non-communicable diseases
- Improves overall health and fitness and helps children maintain a healthy weight to prevent childhood obesity