****Longridge Church of England Primary School

**April’s Awesome Activities**

Following on from the fabulous effort made during our Mighty March Marathon I have received so many comments from parents and children asking if we could carry on.

I think, particularly in the current climate, it is important for our physical health and our mental health to keep moving so I have designed April’s Awesome Activities!

I have tried to branch out beyond just running (although if you want to carry on please feel free) to a whole range of fitness activities that can be done at home. Attached is just a suggested list of activities that you could complete, it is not comprehensive so if there is something else you fancy trying please feel free! Be adventurous, why not try something you have never done before!?

There are 30 days in April and you will notice the form has spaces for 24 days of exercise, which means you get 6 days’ rest! ☺ As always though, if you want to do more, that would be amazing! **In order to have completed one day of exercise you need to have been continually active for between 20 and 30 minutes.** Please record on the form the date of the exercise and the exercise that you did, why not vary it and try something different every few days?

I am sharing this on Facebook and I will put the Word Version on my Class Webpage (Class 2). If you know of any families who do not use Facebook, please share this information with them so we can reach out to as many people as possible at this time. Please note they do not have to be our school families – anybody at all can join in!

Finally, keep in touch! Send me photos of you completing your Awesome April Activities so I can share them on our Facebook page and let me know how you are getting on. I look forward to receiving some more amazing forms at the end of the month! ☺

Keep going everyone, we’re all in this together

With my very Best Wishes to you all

Karen Boardman k.boardman@longridge-cofe.lancs.sch.uk

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**April’s Awesome Activities**

Entrants name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Class \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Following the Mighty March Marathon, we have April’s Challenge – keep moving everybody!!

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Activity Number | Date | Activity | Activity Number | Date | Activity | Activity Number | Date | Activity |
| 1 |  |  | 9 |  |  | 17 |  |  |
| 2 |  |  | 10 |  |  | 18 |  |  |
| 3 |  |  | 11 |  |  | 19 |  |  |
| 4 |  |  | 12 |  |  | 20 |  |  |
| 5 |  |  | 13 |  |  | 21 |  |  |
| 6 |  |  | 14 |  |  | 22 |  |  |
| 7 |  |  | 15 |  |  | 23 |  |  |
| 8 |  |  | 16 |  |  | 24 |  |  |

Adult Signature upon completion of the Activities \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_

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**April’s Awesome Activities**

**Suggested Activities**

* Joe Wicks 30 minute workout (every week day on The Body Coach UK YouTube channel)
* Your own Keep Fit Circuit (If you follow the OneDrive link on my Class Webpage and look in the PE folder you will find all of our Circuit Training cards from school)
* Yoga
* Hula Hooping!
* Keepy uppies
* A brisk walk (maybe using some of our local hills)
* A bike ride
* A jog / run
* Balloon Volleyball
* Dancing (energetic!)
* Trampoline
* Skipping

Plus lots of other ideas that I am sure you can come up with, try mixing them up and doing a couple every day!

There is also a wealth of ideas on YouTube - fitness videos and dance videos - there will definitely be something you can do – I have even got my mum and dad following fitness videos every day on YouTube!

Children friendly websites such as GoNoodle are another great place to start for ideas as are things like the Wii Fit.

Whatever you try, remember to give it your all and have fun! ☺