



## Year 3-6 Resources to keep active

Active Children are happier and healthier, an active child also learns better and sleeps better!

We understand that keeping your child active during the Covid-19 outbreak is challenging which is why we have put together a list of resources to help keep your child moving, remember to log your activities towards your 21 minute challenge!

You are allowed to go outside to exercise, so please make sure you take breaks throughout the day and get some fresh air.

### Online Resources available

- [Joe Wicks Body Coach](#)
- [Sport England- home workouts](#)
- [Your School Games Play Ideas YouTube channel](#)
- [Youth Sport Trust - PE, sport and physical activity games](#)
- [School Games play formats](#)

**Remember, it's important to take active breaks throughout the day and not sit down all day. Check out some of the short activities below that will help to break up the day**

- [Disney Dance Workouts](#)
- [Change4life \(indoor activities for kids\):](#)
- [Go Noodle - A website that will help parents to get their child moving with short interactive activities](#)
- [Just Dance YouTube Channel](#)
- [UK Active Kids Move Crew](#)
- [Change4Life Disney](#)

### Other Suggested Games and Activities

Put on a favourite song and dance along

Go for a family walk, run or cycle (try to choose a time when it is quiet and remember to observe social distancing rules).

Go on a nature scavenger hunt.

Create a basic circuit of your favourite exercises

Make up an obstacle courses

Play games:

Hide and Seek

Musical bumps

Musical Statues

Tag

Get children to come up with their own active game and play as a family!

Check out the [Very Well Family Website](#) for a whole host of ideas for active play and active games.



## Year 3-6- Week 1 Challenge

Every week we will set a challenge for children to have a go at, this week's challenge is a fitness based challenge!

1. If you can, have a go at Joe Wick's 'PE with Joe' one day this week. Click on the link [Joe Wicks Body Coach](#)
2. Whilst you are taking part in the workout, have a think about these questions: What type of exercises is Joe asking you to perform? How long did he ask you to do each exercise for? Did he give you a rest and if so how long for? Did he do a warm up and cool down?
3. After you have taken part and had a think about these questions we would like you to design your own workout/circuit using the table below.
4. Once you have designed your workout, have a go at it and see how many of each exercise you can achieve and record your score.
5. Practice your workout each day this week and see if you can beat your scores.
6. Challenge people in your house to have a go.
7. We would love for you to share your workout and videos/photos of you taking part in your workout, on our Facebook page <https://www.facebook.com/Rossendalessp/>

Good luck!

Warm up: (describe your warm up)

Activity- for example- press ups	How long for? (How many seconds?)	How long rest until the next activity? (How many seconds?)	Record your score, can you beat it?
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

Cool down: (describe your cool down)



## Rossendale School Sports Partnership's Weekly Walks

Every week we will release a local walk for you and your family to take part in.

Week1.

This is an ideal walk for those local to Haslingden. This is a 1 mile Urban Woodland walk from Haslingden Library and should take between 20 - 35 mins. There are some shallow steps at the end, but the majority of the walk is on pavement, low gradient of footpath and the brand new Route 6 cycle path!.

Start the walk opposite Haslingden Library and head down Deardengate towards the traffic lights. Cross over than continue on Deardengate to the Grane Road (Bay Horse pub is on the corner here). Go down Grane road until you pass a blue lamppost and bench. Just after this is a sloping path down to Prospect Hill. Descend that path and follow Prospect Hill round onto Charles Lane. From there go onto South Shore Street passing St Mary's football ground on your left. At the end of the street continue on the footpath and onto the National Route 6 cycle path. Follow this until you come to a fork in the path. Take the right hand fork heading up into the woods, continue on this passing the allotments on your left until it brings you to some shallow steps taking you back up onto Blackburn Road. Cross the road, pass through the little garden opposite (which used to be Lancashire and Yorkshire Bank), continue on past the school until you reach the top of Deardengate. Turn right and you will see the library down the road where you started.

Thanks to Abigail Thompson for sharing this walk.

If you have a go at this walk please send in photos, likewise please share any running or walking routes that you take part in so others can have a go.

Find us on social media by searching 'Rossendalessp' or click on the link <https://www.facebook.com/Rossendalessp/> tag us in your posts and use the hashtags #21MinuteChallenge #HealthySelfie #walkrossendale or direct message us with your photos.