



## **'Let's keep busy' Healthy Mind and Body: physical activity and creative ideas**

Dance/Movement/Fitness/Fun/Learning

**BBC SuperMovers:**

**Fun dance/movement videos with some of your favourite CBeebies/CBBC and other well known characters**

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

<https://www.bbc.co.uk/teach/supermovers/times-table-collection/z4vv6v4>

**GoNoodle:**

**'Getting Kids moving so they can be their best'**

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

Why not learn (or improve) a skill; 'My Personal Best'

There are lots of online video tutorials; why not learn to Hula-hoop, Juggle (2, 3 or more balls/objects), do Keepy-uppys (football or other ball/object), Skipping challenges



Try and improve your personal best. Practice a little every day.

Can you keep going for 1, 20, 30 seconds? How many can you do in 10, 30, 60 seconds?



**School Games Challenges:** these games/challenges could be adapted for all the family to play and with the equipment you have available

<https://www.yourschoolgames.com/app/play-formats/11/> Spot Bucket Hoop

<https://www.yourschoolgames.com/app/play-formats/4/> Keepy uppy

<https://www.yourschoolgames.com/app/play-formats/50/> Reaction Challenge

<https://www.yourschoolgames.com/app/play-formats/51/> Rebound

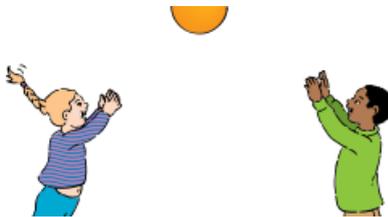
<https://www.yourschoolgames.com/app/play-formats/8/> Scavenger Hunt

### Garden Games

These are just a few suggestions of games that could be played in the garden. You can find lots of catching games and challenges online.



Garden Boule



Catching games



Frisbee catch

- **Jo Wicks 'The Body Coach' workouts on you tube** – *He has some brilliant sessions aimed at kids and safe for all the family.*

**Eg:**

<https://www.youtube.com/watch?v=0xE3CpbVeA>

[https://www.youtube.com/watch?v=TUp2\\_VAHlrI](https://www.youtube.com/watch?v=TUp2_VAHlrI)

<https://www.youtube.com/watch?v=xLHA5g-82vY>

## **Creative Minds: challenge yourself**

### **Illustration tutorial: Rob Biddulph**

Rob Biddulph is a children's author and illustrator. Rob is posting daily online tutorials for children (and adults) to learn how to draw some of his favourite characters, including Gregasuras and Sausage Dog.

<http://www.robbiddulph.com/draw-with-rob>

### **Junior Bake Off**

#### **Fun recipes and challenges**

<https://www.bbc.co.uk/cbbc/shows/junior-bake-off>

### **Horrible Histories**

#### **Do you know The Monarchs' Song from start to finish?**

Horrible Histories superfans often brag about knowing 'The Monarchs' Song' off by heart... well, now is your time to prove it! How many tries will it take you to get all the way to Queen Elizabeth II?

<https://www.bbc.co.uk/cbbc/quizzes/the-monarchs-song-kings-and-queens-quiz>

#### **Wildlife Challenge: How many different birds can you spot and identify in the garden?**

Can you spot any birds (or wildlife) that you have never seen before?

<https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/identify-a-bird/>

#### **Garden Minibeast Hunt: How many can you find and identify?**

<https://www.woodlandtrust.org.uk/blog/2019/04/minibeast-hunt/>

#### **100 Best Books to read before you're 14: books for all ages**

<https://www.booktrust.org.uk/books-and-reading/our-recommendations/100-best-books/>

