



# BERKSHIRE

# ACTIVE@HOME

Supporting you to keep your pupils active

WEEK ONE  
27.04.20

Short videos posted at 1pm on a Monday, Wednesday and Friday. that will show parents (and teachers) free, fun and easy to follow PE activities for the whole family to enjoy together. Each video, delivered by PE teachers, will focus on a different aspect of the National Curriculum Supported by AfPE and YST

#THISISPE

## PE Curriculum resources....

real PE

Supports families to play and learn together and includes 12 themes, 6 areas, over 250 activities and challenges and 1000s of hours of fun and activity for every family! View the real PE at home video to see more by [clicking here](#).

## some things to keep them active....

### ACTIVE KIDS DO BETTER

Activities to music that can be done in a limited space and between home learning to keep children's concentration. All ages



The Daily Mile

Weekly challenges for The #DailyMileAtHome! Every week on Monday, Wednesday and Friday. All ages

Each Monday, a Nike athlete will announce a new weekly theme and every morning at 8am, the new Move Mission will be released. Week One's theme was "Power of the Team" featuring Dina Asher-Smith. Target age 7-12 year olds.

MOVE CREW  
KIDS

### HALLWAY MAZE

Bring out that inner spy in your child. All you need is some string, ribbon or masking tape. All ages



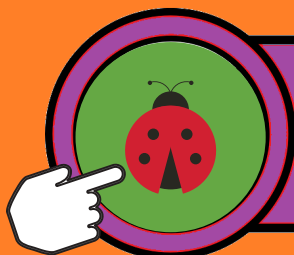
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something a little different...



Life's Little Bugs offers an easy and fun award-winning series that will fast track your child to practice healthy habits without the tantrums and tears! Reward charts, colouring activities and more. Target Age 4 to 8 year olds.

Healthy Minds promotes the importance of good mental health in order for children and young people to reach their full potential. They have produced free zoom sessions with supporting resources for our schools.



missing the school games events?...



Starting this week, we are promoting the **NEW** Virtual Berkshire School Games.

We will be setting a new event each week for schools to take part .

Each event will consist of challenges related to the sport or skills.

We will provide schools with an activity card and related resources to send to pupils to take part in the VIRTUAL schools' competition.

The first event will be a SPORTSHALL PENTATHLON for KS2. More details to follow. If you are interested in taking part [SIGN UP HERE](#).