

Dear Parents/Carers



We hope everyone is keeping well, physically and mentally. Welcome to week 2 of our Wellbeing Wednesday updates. We hope you found Week 1 informative and helpful. Week 2 is focused on 'Be active'. Keeping in mind social distancing guidelines, you can still keep active. Please find attached to this email resources from Thrive and a Wellbeing Calendar.

## Be Active



Each day you are allowed to go outside with members of your own household to get some exercise, this might be walking, going for a run or a short bike ride. You could play games with the children, dance or just sit outside your house or in your garden if you have one to get some fresh air.

Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Exercise is essential for slowing age-related cognitive decline and for promoting well-being. But it doesn't need to be particularly intense for you to feel good - slower-paced activities, such as walking, can have the benefit of encouraging social interactions with your family members as well providing some level of exercise. There are also lots of things you can do within your own homes to stay active you could try one of the many online dance or PE you tube videos, do a home fitness DVD or play games. You could even tackle the housework or do some DIY. Today, why not get physical?

### Be Active in the home:

- **Try to sit less** - if you spend lots of time sitting down, try to get up and move around a bit every hour. If you're worried you might forget, you could set an alarm to remind yourself.
- **Chair-based exercises** - if you have mobility problems, a physical condition, or find it difficult spending time out of a chair, [the NHS website has activity routines you can try while sitting down.](#)
- **Play an active computer game** - there are a few different gaming consoles you could try which involve actively moving your body while playing computer games.
- **Do exercises or stretches at home** - the [NHS website has lots of different routines](#), or you could try an exercise CD or DVD.
- **Do an online activity programme** - there are lots of free, online exercise regimes designed for you to try at home, including everything from chair-based exercises to yoga and cardio workouts. The NHS have Fitness Studio videos here: <https://www.nhs.uk/conditions/nhs-fitness-studio/> Sweaty Betty has online fitness classes with workouts ranging from yoga to HIIT, explore the video library to find a class to suit your time frame and fitness level <https://www.sweatybetty.com/workout-videos.html>
- **Do active household chores**, like hoovering, tidying or DIY.

- **Include more activity in your day-to-day routine** - run up the stairs instead of walking, carry your bags of shopping in one at a time or do some gentle stretching while you're watching TV.
- **Dance** - put on some music while you're cooking and dance around your kitchen, or have a mini dance party with your family. You could also learn some dances with your whole family try Oti Mabuse Official Channel to learn dances from a range of popular musicals  
[https://www.youtube.com/channel/UC58aowNEXHHnfIR\\_5YTtP4g](https://www.youtube.com/channel/UC58aowNEXHHnfIR_5YTtP4g)

### Be Active out and about:

- **Play a game in the park** - for example, Frisbee or a game of catch.
- **Walking** - Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. Walking briskly can help you build stamina, burn excess calories and make your heart healthier. You do not have to walk for hours. A brisk 10-minute daily walk has lots of health benefits. Remember to keep within 2 metres of others when out and about. The NHS live well page provides lots of advice and guidance on how to walk to improve your health <https://www.nhs.uk/live-well/exercise/walking-for-health/> they also have a useful App which called Active 10 which allows you to track how much and how fast you have walked. <https://www.nhs.uk/oneyou/active10/home>
- **Running or jogging** - make sure you do gentle stretches and warm up before you begin and to cool down afterwards. the NHS have provided guidance on running for beginners found here: <https://www.nhs.uk/live-well/exercise/running-tips-for-beginners/>

- **Take a short bike ride**

- Do some 'easy exercise', like stretching, before you leave for your short walk
- If you are lucky enough to have a garden or a few flower pots, do some **gardening** not only is this exercise but it will help give your mind focus.

**Try one of these active activities suggested by Mr. Billingham and Ms.**

#### **Knights:**

- Musical statues - dance/move when the music plays and 'freeze' when the music is stopped
- Simple game of tag - if you are 'it' you have to tag others. If you tag them, they become 'it' (best played in the garden!)
- Stuck in the mud (three + players needed) - decide who will be 'it'. They try and get everyone to be stuck by tagging them on the shoulder. Stuck players stand with their arms out like a scarecrow. Others players can unstuck them by running under their arms
- Throw and catch in pairs - start close and take a step back with every successful catch. How far apart can you get? If you drop it, take one step in or go back to the start position
- Throw and catch (individual) - throw a ball in the air, clap once and catch ball. If you catch it, try two claps next time and so on
- Play piggy in the middle - two players throw and catch a ball to keep it away from the person in the middle. Swap the middle person often!

- Hide and seek - seeker closes their eyes and counts to 20. Others then find somewhere to hide and the seeker has to find them
- Hopscotch
- Skipping challenge - how many skills can you do in 20/30/60 seconds?
- Simon Says - person giving the commands gives instructions like 'jog on the spot, start jumps, etc.'
- Find the colour - set a time for the task (e.g. 30 seconds). On go the leader calls out a colour and the finder/s have to find as many items of that colour
- Alphabet game - set a time for the task (e.g. 10 minutes) - on go, finders have to find 26 items, each one beginning with a different letter of the alphabet
- Hot and cold - the leader hides an object. Finders have to find the object and are told whether they are far way (cold), getting closer (warm) or really close (hot)
- Keepy Uppy challenge - how many touches can you use to keep a ball in the air with your feet/legs/head?
- Balloon challenge - same as Keepy Uppy but use a balloon. Any part of the body can be used or you can choose what part of the body has to be used
- Balloon tennis

To make your own balloon tennis set simply tape a long kitchen roll tube onto the back of the paper plates to make your racquets, which you could decorate, and blow up the balloon to make your tennis ball.

You can make up all sorts of balloon tennis rules to suit the number and age of your players. Here are 10 fun gross motor balloon tennis games we enjoy playing:

- Down On One Knee (When you miss a shot you have to balance on one leg, then kneel on one knee, then kneel on both knees, then sit on your bottom, then you are out.)
- 2 Smash Down (Players start with a set number of lives, 3 or 5 work well. A life is lost every time an opponent manages to get the balloon to the floor on your side of the court.)
- Keepy Uppy (Players bat the balloon to and fro between them and lose a point every time they fail to keep the balloon off the floor. The first to 5 is the loser.)
- Keepy Uppy Solo (Each player has their own balloon tennis ball and repeatedly hits it up into the air. The first person to let their balloon touch the floor loses.)
- Circle Tennis (This balloon tennis game is great if you have a number of players. Players stand in a circle and pass the balloon tennis ball around the circle playing any of the games above.)

- Name Race Balloon Tennis (Players stand in a circle and hit the balloon into the centre of the ring while calling out a player's name. The player called plus the person standing on the right of the server must try to catch or hit the balloon. The winner serves the next ball.)
- Cog Wheel Tennis Game (Players stand in a circle. The server sends the balloon ball to the player opposite. The player opposite returns it to the person on the servers left. The player on the original servers left then send it to the person on the left of the player that served it to them and so on and so on around the circle. A life is lost every time a player misses the return. This can also be combined with Down on One Knee.)
- Piggy in the Middle (For three or more players. One person is the 'piggy' in the middle of two or more players. They must try to catch the balloon when the other players bat it to and fro between them. When the piggy catches the ball they swap places with the person they captured the tennis ball from.)
- Dodge Ball Tennis (One player stands in the middle with a racquet. All other players stand around them with a racquet each and any number of balloon tennis balls you like. The more balls you have the harder it is for the person inside. The outer players must try to hit their balls at the inner player. The inner player must avoid being hit by dodging the balloons and hitting them away with their racquet.)
- Target Balloon Tennis (Players set each other challenges to hit certain targets in a certain number of shots. For example, hit the right hand table leg in three shot or hit the back of the door in 4 shots etc.).

(Warning: Balloons can still knock ornaments etc. over, please make sure fragile items are safe.)

## Students:

Additional PE/physical activity links which will support students while at home are:

- **Real PE** - <https://home.jasmineactive.com/login> - This programme is great for family play and fun as well as improving your child's physical wellbeing and their emotional and mental health, especially in such testing times for all of us. We hope that the ideas help support you and your family to stay fit and healthy in the coming months. Here are the details to access 'real PE' at home:  
The website address is: [home.jasmineactive.com](https://home.jasmineactive.com)  
Parent email: [parent@bradfields-1.com](mailto:parent@bradfields-1.com)  
Password: bradfields
- **Joe Wicks** - <https://www.youtube.com/user/thebodycoach1> - PE WITH JOE is running Monday - Friday at 9am on his YouTube channel: The Body Coach TV. Hit subscribe to be alerted when the videos go live.
- **Cosmic Kids Yoga** - <https://www.youtube.com/user/CosmicKidsYoga> - Cosmic Kids Yoga offer yoga mindfulness and relaxation designed especially for kids aged 3+.



## This week's Quiz:

Have some fun and try to answer these questions. We will send out the answers with next week's Wellbeing Wednesday update

1. Which superhero has an assistant called Robin?
2. What does water turn into when it freezes?
3. Which sport involves two small bats, a ball and a table?
4. What country, beginning with the letter R, is the biggest country in the world?
5. How many zeros are there in one hundred thousand?
6. Stockholm is the capital city of which country?
7. Can you unscramble the following word to reveal a number between one and ten:  
VNSEE
8. What is the definition of a habitat?
9. Which country used picture writing many years ago called hieroglyphics?
10. Who released a song in 2019 called 'Hold Me While You Wait'?
11. How many colours are mentioned in the Rainbow Song?
12. What is half of 66?
13. Which continent does Great Britain belong to?
14. How many points does a snowflake have?
15. What is the name of the largest desert in Asia?

The answers to last week's quiz questions are below:

**Quiz Week 1 answers:**

1. Paris, France
2. 50
3. 1000
4. Usain Bolt
5. Mount Everest
6. Photosynthesis
7. Michael Jackson
8. The Nile
9. Monarch Butterfly
10. Felines

*How did you do?*



**Weekly Challenge**

Take time for everyone in your household to learn this TikTok Dance to show us how to wash your hands TikTok Style

<https://www.bbc.co.uk/newsround/51791722>



Weekly Recipe to try at home:

## Flapjacks

### Ingredients:

- 250g oats
- 3 tablespoons golden syrup/honey
- 175g butter
- 110g caster or brown sugar
- 1 mashed banana
- 50g dried fruit



### Equipment

- Baking tray
- Saucepan
- Wooden spoon
- Tablespoon
- Scales
- Palate knife
- Fork
- Cooling rack

### Method:

- Pre-heat the oven to 180c/ gas mark 4
- Weigh or measure all ingredients.
- Select a small saucepan.
- Put the butter and golden syrup/ honey and sugar into the pan.
- Gently melt over a low heat.
- Put the oats and banana into a large mixing bowl.
- Pour the melted butter, syrup mixture in with the oats.
- Add any extra ingredients to the oat mixture.
- Press into a foil lined baking sheet, pressing down lightly.
- Bake in the oven until golden brown.
- Allow to cool, and then cut into squares and transfer to a box or tin.

## Flapjacks



1. Peel your banana and mash with a fork.



2. Weigh your oats and sultanas, add to your bowl.



3. Weigh your butter and sugar and syrup and put into your saucepan.



4. Melt together over a low heat.



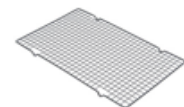
5. Mix all of your ingredients together.



6. Press your flapjack mix into lined tray.



7. Put into your oven until golden.



8. Cool on a cooling rack.



9. Cut up your flapjacks and put into your tub and label.



10. Clear away.

## Useful Websites:

Mental Health Foundation guide:

<https://www.anxietyuk.org.uk/wp-content/uploads/2013/05/lets-get-physical-booklet.pdf>

MindApples - promotes mentally healthy living for everyone by promoting simple, daily activities and by asking people: "What's the 5-a-day for your mind?"

[www.mindapples.org/](http://www.mindapples.org/)

DIY Happiness - uses humour, creativity and principles of positive psychology to give practical advice/info to help people 'bounce back' from adversity and increase resilience.

[www.diyhappiness.co.uk/](http://www.diyhappiness.co.uk/)

Hope you find this week's Wellbeing Wednesday helpful, we would be grateful for any feedback or pictures

Many thanks

Ms Sweetlove and Mrs Halton

