

Easter holidays

KS2 PE NEWS

Stay active and healthy

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Advantages of keeping active:

- It strengthens the heart.
- It strengthens the lungs.
- It strengthens bones.
- It improves energy levels.
- It enhances emotional well-being.

Yoga

Try some of the yoga positions on the sheet:

Yoga poses

Go onto the Cosmic Kids website, they have fantastic videos to follow.

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

Joe Wicks

Have you been following Joe Wicks' daily workouts, now try some of his 8 minute challenge cards.

Try to make up your own daily workout.

Quick HIITs

Try some quick workouts to help self-regulate and for brain breaks, use the sheets for ideas.

Roll the dice workout

Tabata HIITs

Photo Caption

Totally Tabata

Family challenge

Get everyone in the family involved with the activities:

- Can each family member choose an activity for the others to follow.
- Who can hold yoga poses the longest?
- Make up some of your own challenges.

Share any photos/videos with us - we would love to see what you've been doing.