



# HOME LEARNING PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

EARLY STAGE ONE      WEEK: THREE

## WHAT DOES BEING HEALTHY MEAN?

Watch 'BBC Learning - What do humans need to stay healthy' on YouTube. Discuss the video with an adult or someone at home.

<https://www.youtube.com/watch?v=UxnEuj1c0sw>

Below, write down or draw 3 things you could do to make sure you are as healthy as you can be. You might like to think about **exercise, what you eat and what makes you happy.**

## WHO HELPS US TO BE HEALTHY?

With someone in your house, discuss the people in your life that help you to be healthy. Examples could be your family, a doctor, or your teacher. How do they help you?

On the back of this page, or on another piece of paper, write down or draw who these people are.

# WEEK THREE ACTIVITIES

Try to do each of these activities for 10 seconds without stopping. Take a 10 second break, then repeat this twice more.

Don't forget to tick the box once you have completed the activity!

## WEEKLY FOCUS: CORE



### Activity One: Crab Kicks

**What:** Sit on your bottom with your legs bent. Place your hands flat behind your bottom, pointing your fingers towards your heels, and push to lift your bottom off the ground. Kick one leg up in the air then place it down. Repeat with the other leg.

**Modified:** Keep your bottom on the ground, lift your knee to your chest, place it down, then lift your other knee to your chest and repeat.



### Activity Two: Superman

**What:** Lay on your stomach with your arms and legs out straight. Lift your arms and legs off the ground like you are flying high in the sky like SUPERMAN!

**Modified:** Lift your arms off the ground only.



### Activity Three: Plank with leg kicks

**What:** Start in a cat pose (your hands and knees on the ground) and lift your knees off the ground to get into a plank position. Lift one leg in the air, then place it down. Repeat with the other leg.

**Modified:** Stay in the cat pose, leaving your knees on the ground and lift one knee off the ground at a time.



After we exercise, it's important to stretch. Today we have spent a lot of time working our core, so it will feel great to give it a nice stretch.

### **Stretch One:**

Lay on your stomach, and put your hands flat on the floor under your shoulders. Keeping your hips touching the floor, push up until your arms are straight. Your body will now be in a cobra position. Hold this for 5-10 seconds.

### **Stretch Two:**

Sit on the ground with your legs crossed. Place one hand on the floor beside you, and reach the other arm up and over your head, leaning into the hand that's on the ground. Repeat this on the other side.

## **CHALLENGE OF THE WEEK**

Being mindful is an important part of being resilient. See if you can complete the Go Noodle mindfulness activities below on at least three days this week.

### **Day One: 'Bring it Down'**

[https://www.youtube.com/watch?v=bRkILioT\\_NA](https://www.youtube.com/watch?v=bRkILioT_NA)

### **Day Two: 'Rainbow Breath'**

<https://www.youtube.com/watch?v=029e4rRMrV4&t>

### **Day Three: 'Melting'**

<https://www.youtube.com/watch?v=fTzXFPh6CPI&t>

# KEEP MOVING!

Access the third week of our online dance program

here:

<https://drive.google.com/file/d/1s23P5ljhgmCIYybYG1TdEGnrE7V5aCG3/view?usp=sharing>

Videos are available for every stage. The dance program is presented by YouTube sensation, JustDance ambassador and Fit Futures dance coach Jayden Rodrigues and videos last about 20 minutes.

Get everyone moving with our workout and skills-based videos on the Fit Futures YouTube channel:

<https://www.youtube.com/channel/UCIRnP6dZYlCdTdvTWRoYdfQ>