



Wittersham Church of England Primary School

The Street, Wittersham, Tenterden, Kent. TN30 7EA

Tel: 01797 270329 Fax: 01797 270259

Headteacher Mrs. Claire Frost

Dear Parents and carers,

Physical and Mental Wellbeing

Keeping up with physical activities for your children in the coming months is going to be vital for their mental health and general wellbeing and so below, there are links to some useful websites. Please keep checking back here as we hope to update the list when we find more information. Also, we advise that you watch the videos and check the links first so that you can see whether they are suitable for your age child or children.

The list is not intended to be given to children so that they can access the activities independently. We would also recommend that you supervise the physical activities – and maybe even join in!

Every Mind Matters has now released expert advice and top tips on how to look after your mental wellbeing if you need to stay at home during the coronavirus (COVID-19) outbreak. It also includes guidance if you're feeling worried or anxious about the outbreak.

Please visit: www.nhs.uk/oneyou/every-mind-matters/

Change 4 Life

<https://www.nhs.uk/change4life>

<https://www.nhs.uk/change4life/activities/indoor-activities>

<https://www.nhs.uk/change4life/recipes>

NHS Living Well

<http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-young-people.aspx>

Joe Wicks (The Body Coach)

<https://www.youtube.com/user/thebodycoach1>

Supermovers

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

GoNoodle

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

Premier League Primary

<https://plprimarystars.com/news/home-learning-activities-school-closures>

https://plprimarystars.com/resources/football-fun-activity-pack?utm_campaign=1867544_homelearning_19.03.20&utm_medium=email&utm_source=edcoms&dm_i=3VTU,14108,40FOY5,3WJHS,1

https://plprimarystars.com/for-families/play-game?utm_campaign=1867544_homelearning_19.03.20&utm_medium=email&utm_source=edcoms&dm_i=3VTU,14108,40FOY5,3WJHS,1

Sport England

<https://www.sportengland.org/news/how-stay-active-while-youre-home>

British Cycling

<https://readysetride.co.uk/prepare>

Cosmic Kids Yoga

<https://www.youtube.com/user/CosmicKidsYoga>

Personal Challenge Video

https://www.youtube.com/playlist?list=PLX9GnyQdxaf5SqSnTYy_pc51k7lIPi4je

Balanceability

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

There are some excellent resources here for teaching your child to ride a bike and the importance of balance.

The PE Association

<https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/>

Short two-minute videos will be posted that will show parents free, fun and easy to follow PE activities for the whole family to enjoy together.

Each **#ThisIsPE** video will focus on a different aspect of the National Curriculum. The videos, delivered by PE teachers, will help children and young people to continue their skill development in PE during this period when we are having to stay at home, to save lives.

Videos will be posted at **1pm** on a **Monday, Wednesday and Friday**. You don't need to be in PE kit and you don't need sports equipment. All of the videos will use things that you can find around the home.

We would like to acknowledge the Robin Hood Multi Academy Trust for their help in compiling this list.

Mrs Claire Frost & Mrs Lucy Avena
Headteacher Assistant Headteacher



Our school values: “Respect, kindness, self-worth, forgiveness and love”

www.wittersham.kent.sch.uk