



Buriton Sports Newsletter

Home Learning

Welcome to the first 'Home-Learning Sports Newsletter'. Now more than ever, it is important that children are physically active to support both their physical and mental well-being. It is recommended that all children are active for at least 60 minutes each day; however, whilst children are home-learning we appreciate that this can be quite a challenge to achieve. So to help encourage your children to keep moving and have fun, here are some of the activities children have been doing at home and some ideas to help over the next few weeks.

HOME SPORTS LINKS

- [PE with Joe Wicks](#)
- [Cosmic Yoga](#)
- [Hampshire Daily Challenges](#)
- [Family Workout with Zeus Fitness](#)
- [Yoga for Beginners with Adriene](#)
- [Teens and kids 15 minute home workout whole body no equipment](#)

Zak in Diamonds has made a wind sock and been walking on the beach to test it out.



Harry C has been having great fun on the green outside his house. He has been flying his new kite he got from Father Christmas, it was very windy and it went very high.

Elias has been out walking and exploring Autumn. He even found an amazing circle of mushrooms.



Olivia has been enjoying Star Wars yoga at home. What busy Diamonds you have been!



Ava has been taking part in the PE with Joe Wicks at home.

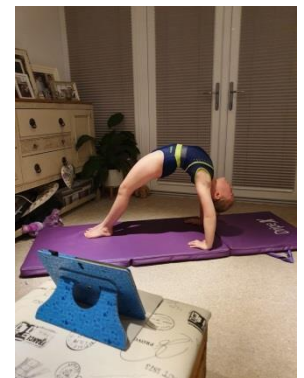
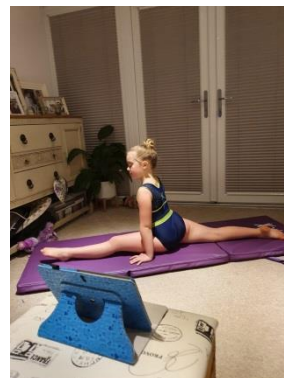


Izzy has been learning about exercise, whilst completing her science activities.

Some Sapphires have been getting on to their wheels. Sophia and Izzy have been out exercising on their wiggle scooter and roller skates, all dressed up with their helmets and safety pads. What great fun!



Zach and his brothers have been busy playing basketball in their garden; this is a great way to break up the school day.



Here is Amalie doing her gymnastics class on zoom. She does this 3 times a week - Monday is arms & legs, Tuesday is cardio and core and Thursday is flexibility.

Emeralds class have all been busy trying to stay active. Zack has tried a yoga session, Albert also tried yoga, completed a 15 minute workout and has been out walking his dogs. Bella did a family workout with Joe Wickes and Edward has been out walking his dog. Whilst face-timing James and Sylvia spent 15 minutes working out with Zeus fitness and Alex Maguire has been out in the garden playing basketball with his brothers. Jacob Wakeford has been out running with his dad, Max has been playing football and Lexie and Evie have been out with their families walking and feeding the ducks.

Hampshire School Games have designed a set of weekly challenges which will be put up on to the school website on the 'Sports' page each week (the link is at the top of this newsletter). There is a weekly warm up activity; this week it is 'Rock, Paper, Scissors' and then a different daily challenge for Monday -Friday. If you take part in any of these challenges, please let us know so that we can celebrate your achievements.

If you would like to appear in the next newsletter, keep posting your lovely pictures and activities on the blog. If you have any recommendations for websites or activities for the rest of the school, please share those too.

Have fun and take care,

Mrs Holloway