



Buriton Sports Newsletter

Home Learning

Welcome to the second 'Home-Learning Sports Newsletter'. Thank you to all of those children (and parents) who have been busy uploading lots of amazing pictures and telling us about all of the fun ways you have been keeping active at home. We love to see them! I have added a few more ideas to the 'Home Sports Links' here on the right, so please do try something new if you have not already.



Adam has been busy working hard in the garden to dig a massive hole in the ground. When it is finished, they are planning on putting their trampoline into it. What a job, well done Adam!



Louis has been busy working out with 'Just Dance Kids' and 'Andy's Wild Workouts' on the BBC. These look like great fun. He has also been getting lots of fresh air walking and playing football.

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](#)
- [Andy's Wild Workouts](#)
- [Just Dance Kids](#)
- [PE Challenges](#)

Sophia has been exercising at home. She took her pulse, jogged for a minute and then checked it again afterwards and noticed that her pulse quickened and she felt hot.



Rhys and Olivia have been taking part in the PE with Joe Wicks at home. Jake even received a personal video from Joe Wicks, how wonderful!

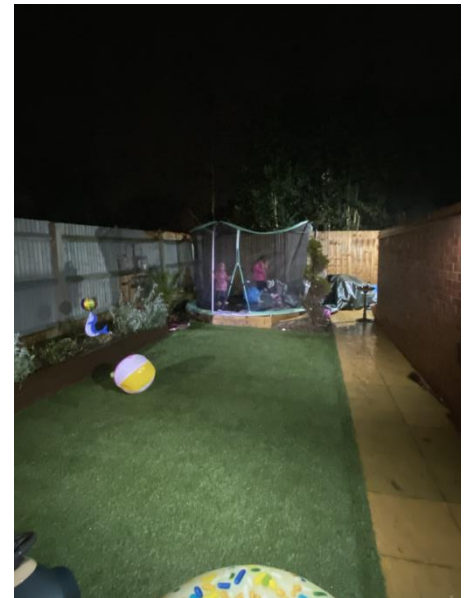


Caspian has been busy going for daily bike rides, long walks and swimming!

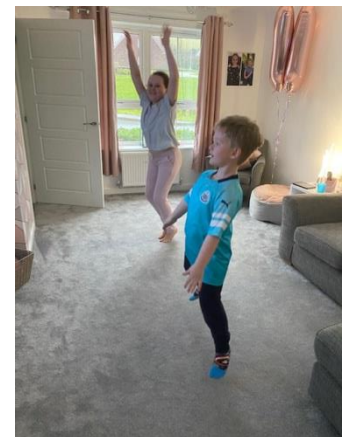
Matilda has been out walking to the pond and doing a little bit of climbing too.

Angus has been out walking, all wrapped up with hat and wellies. He found something very cool whilst he was there – a capital A! What an interesting find, well done Angus! I wonder if some of the older children can identify the sort of angle it looks like.

Here are some amazing action shots of Elsie-Rose. She has been out for a rainy walk (what a splash) and bouncing on the trampoline in the dark. The wet weather clearly has not stopped her having fun and getting lots of fresh air!



Here is another bouncer; this is a brilliant action shot of Izzy mid-jump on her trampoline.



Here is Harry (and his sister) waking themselves up with a PE session with Joe Wickes. What a great way to start the day!

Bella has been creating her own workouts at home. Zack, Albert and Jacob W have been trying out the PE challenges including the shoe shown here.



Here is Zack completing the challenge 'body equilibrium', well done Zack, this is brilliant!



Izzy is still practising her ballet at home, what a beautiful uniform.



Here is Florrie, keeping active using her Wii at home. It looks like great fun, just hold on tight to that controller!

Of course, so many of you were enjoying the amazing snow that arrived at the weekend. Lola was enjoying a snowball fight, walk and delicious hot chocolate (it would not be a snow day without one!) Here are Louis and Elsie rose out sledging.



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 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