



Buriton Sports Newsletter

Home Learning

Welcome to the third 'Home-Learning Sports Newsletter'. Wow, what a chilly way to end this half term! 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! You have all been amazing and very busy, so well done everyone! Don't forget to try the Hampshire Daily Challenges too, they're on our website.

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](#)



Joseph and Tom have been out scooting and found such an interesting garden.

Louis has been out riding his bike, he is super speedy in his video he posted on the blog. He has also been doing Sonic the Hedgehog yoga and Just Dance.



Angus has been out for a chilly walk and found this awesome icicle... it's huge!



Florrie has been bouncing on the trampoline and Izzy has been enjoying Peloton dance cardio workouts.

Sophia went on a scoot around Clanfield. It was very cold and started to snow quite hard...Brrrrrrrrrr!

Lola has been super busy running with her dad. She was even able to get out of the house by 7.32am to see the sun rise on her run. What an amazing effort Lola, well done!



Gray is super happy with his new indoor bike and has been busy doing his Peloton workouts at home...I have bike envy!



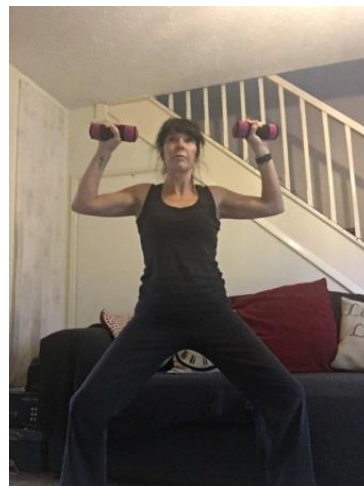
Amalie was set a gymnastics challenge to do 5 skills in 7 seconds! That is not long at all, well done for an amazing effort! Maybe some of you could try this!

Here is Beau having some fun in the mud!



Here is Harry enjoying his morning workout with Joe Wickes.

I thought you might like to know that we are all trying to stay active too. We have been out running every day in the snow, hail and rain! Miss Eades has been busy exercising in her living room with her weights and online exercise sessions!



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.

HAMPSHIRE SCHOOL GAMES HEALTHY HEART WEEK SKIPPING CHALLENGE

Welcome to the Hampshire School Games Virtual Skipping Challenges

Competition Intention: To develop physical skills



During Healthy Heart Month in February 2021, the Hampshire School Games Organisers are challenging you to see how many times you can jump over a rope:

- KS1 – how many skips can you do in 30 seconds?
- KS2 – how many skips can you do in 60 seconds?
- Parents – how many skips can you do in 2 minutes (I added this one just for fun).

The challenge can be completed anytime in the next two weeks. Why not have a go each day and try to beat your score! Once you have completed the challenge send your scores to us and we can send them off to Hampshire School Games for a chance to become County Champions!

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