

The Lockdown Games

At this time of year we are usually starting to prepare for sports day, which has unfortunately had to be cancelled due to the current social distancing and school closure. We would like you to create your own 'Lockdown Games' that you could compete in with people at home. Include at least 4 events (but more if you'd like), design your own medals and a winner's trophy.

Before you start!

Make sure you warm up...

It is really important that we warm up our whole body before exercising. This will help to prevent injuries.

Joe Wicks has created some '5 minute move' videos for kids which could act as a great warm up. Or, you could create your own.

<https://www.youtube.com/watch?v=d3LPrhl0v-w>

Don't forget...

It's important to stretch as part of a warm up and cool down. It is also quite nice to have a quick stretch if you've been sat down concentrating for too long.

Calf stretch



Quadriceps stretch



Hamstrings stretch



Hip and thigh stretch



Ideas for 'events'



A balloon tennis tournament.



If you have an exercise bike, you could have a virtual race. Set a distance and time each person over that distance.

Why not create your own obstacle course in the garden, using play equipment and everyday household objects?

We are sure you have got lots of great ideas, but here are a few to get you started.

Make sure you record your events in your book—it would be great to see some photos of you participating in your 'Lockdown Games' too!



If you have any sort of plastic cups at home, you can do any of the speed stacking challenges that you have learnt in school.



Medals and trophy!

Don't forget to design your medals—Gold, Silver & Bronze—and a trophy for the overall winner, these can just be drawn in your books or you could choose to make them as well. Just remember that these would be awarded for the first, second and third places in each event; a tally-chart would be a great way to keep track of each competitors successes if you are not making your medals. We can't wait to hear about how you've all



Struggling to stay active?

It can be hard at the moment to stay active. Move in a way that feels good for you, a short walk or dance in the living room can really help.

If you are finding it tricky to stay active have a look at this Newsround link

<https://www.bbc.co.uk/newsround/52546937>

There are lots of links on the [school website](#) too , we highly recommend <https://imoves.com/the-imovement> and [cosmic yoga!](#)

Why is physical activity important?

Getting your body moving is a really important factor when it comes to staying healthy. Physical activity is great for:

- Getting your heart pumping and working as well as it can
- Improving the health and strength of your bones
- Helping you to develop new skills
- Improving your confidence