Staying Fit, Active and Healthy During Lockdown.

I am writing this to give you some ideas on how to keep fit and active as it is important to stay healthy whilst we aren’t able to go in to school…

An easy way to do this is by doing Joe Wicks’ live sessions every morning.

If you have a bike then you could ask your parents to take you on a bike ride, or even go for a run!

If you prefer not to leave the house perhaps you can play football, badminton, swingball, netball or table tennis with your family in your garden or just run around with your siblings. But if you do decide that you want to go for a run, walk or bike ride then make sure you stay a safe distance from others.

You may find that some days you just want to lie down and take a nap - I have had some days like this too. But it is important to keep healthy. I recently learnt that doing regular or daily exercise helps you to sleep longer and deeper and improves your joints. ( Thank you Miss Francis!) But always remember to keep hydrated while you do your exercise!

Eating healthily is also important. Eating a balanced diet will help you on your journey to stay healthy during lockdown. Have family cooking nights and, for older kids, why don’t you help your parents by making a meal. Remember not to eat all the biscuits and chocolate!

I hope that you have also looked at Mrs Muchmore’s Online PE Lessons on the school website and that you are all healthy and well. Just remember to have fun!

Libby

Sports Captain