Dear Parents and Children

Thank you to those children who have sent in their Activity Timetables; I will keep a tally of house points owed.

Once again, in these uncertain times Team Hempsted believes that physical activity is even more important in our daily lives. It gives us all a sense of purpose, focus and motivation each and every day.

Keeping children active ensures physical literacy and physical fitness maintained at a time when children's lifetimes could easily become more sedentary.

Team Hempsted has a reputation of providing children with a huge range of sporting activities and it is important to keep these experiences going. Nationally we are challenged to provide inclusive and meaningful experiences of sport and physical activities for ALL young people, in support of the Government's ambition of 60 active minutes a day.

Please find attached a form for your child to complete each week and send to Julie.Bassett@hempsted.gloucs.sch.uk. House points will be awarded for those completed. Please send any photos too.

Below are a list of challenges for your child to have a go throughout the week

How many press ups in 20 seconds?

How many sit ups in 20 seconds?

Hoola hooping: how many can you do without stopping?

How many Keepy uppys in 20 seconds?

How many skips can you do without stopping?

How many step ups in 20 seconds?

1km run

2km run \hspace{1cm} \text{TO BE RUN SEPARATELY}

5km run

EXERCISE IDEAS

50 high knees \hspace{1cm} \text{Sit ups with high fives to parents}

50 spotty dogs \hspace{1cm} 10 lunges each leg

50 star jumps \hspace{1cm} 20 squats

Walking (distance) \hspace{1cm} \text{How long can you hold a plank?}

Cycling (distance) \hspace{1cm} \text{Walking up and down the stairs 3 times non stop}

Jogging (distance) \hspace{1cm} \text{Trampolining}

50 skips \hspace{1cm} \text{Running on the spot}

Running (distance) \hspace{1cm} \text{Walking the dog}

Throwing a ball into a bucket (target practice) (If no ball or bucket, use a box and rolled up pair of socks)

Have fun

Mrs Bassett