

# ALAMEDA PE DEPARTMENT



# PHYSICAL ACTIVITY LOG BOOK

Dear children (and adults)

Whilst we find ourselves in a unique situation it is vital to remember what is important. Our medical wellbeing obviously takes precedence but where possible, we should look to hold on to normality as much as we can. This is why all of your teachers are working very hard to continue your education, whether this in school or at home.

Physical education and activity, in my opinion, is just as important as any other subject. As well as the obvious health benefits, physical activity and exercise can have a big impact on our social and emotional wellbeing, which could be especially significant over the next weeks. This is why we will be asking children to continue with physical activity at home where possible.

Government advice should be followed as to what we should be doing (and where we should be doing it) and also with regard to isolation/social distancing. This advice may well change, so I would ask you to monitor this and adapt accordingly.

I would like all children who are able to, to complete the following physical activity log book whilst you are not at school. You should record what exercise you are doing and how long for. These activities can be anything physical and will undoubtedly include activities that will not have been possible at school. As well as the activity log book, we will also be sending home activity tasks and challenges whilst you are not in school so look out for these. Where possible, we would love to be sent photos and videos of you engaging in physical activity. These can be done by email or via our PE twitter page. [www.twitter.com/alamedapedept](https://www.twitter.com/alamedapedept)

We hope to have you back at school as soon as possible but in the meantime, stay safe, stay active where we can and we will see you soon.

Alameda PE Department



# PHYSICAL ACTIVITY LOG



NAME \_\_\_\_\_ FORM \_\_\_\_\_

GOAL: 60 minutes a day

Date and time	Activity # of minutes	Activity # of minutes	Activity # of minutes	Activity # of minutes	Total # minutes
e.g. MONDAY 23 <sup>rd</sup> March	Walked the dog 20 minutes	Youtube exercise video 15 minutes	Made up a dance routine 45 minutes	Played catch in the garden 10 minutes	1hr 30 mins
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					



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Please copy and paste should more weeks be needed.

Below is a list of possible ideas, tasks and activities that you can do or access at home with little or no equipment. We will continue to update you with additional tasks and challenges to complete at home. Please feel free to add and share your own.

The Body Coach (Joe Wicks) will be delivering a daily 30 minute PE themed session every weekday at 9am. These would be a great way to start the day, exercise improves brain activity and will get your brain ready for the rest of your school work.

[www.youtube.com/user/thebodycoach1](http://www.youtube.com/user/thebodycoach1)

Netflix - I'm sure that plenty of you will be making the most of Netflix whilst at home but check out Netflix, with links to fitness workouts for you to try at home.

<https://sharelearnteach.com/wp-content/uploads/youzer/Netflix-Board-at-home-PE-board-1.pdf>

Design and take part in your own physical activity circuit. These could involve a number of exercises such as: sit ups, star jumps, plank hold, burpees, press ups, skipping, leg raises, ski-sit etc

Gonoodle engages 14 million children every month with movement and mindfulness videos.

Visit [www.gonoodle.com](http://www.gonoodle.com) to get started

Cosmickids offers videos and interactive stories which include strength, flexibility and mindfulness including yoga and relaxation. Visit [www.cosmickids.com](http://www.cosmickids.com) to get started

If you are allowed out of the house, walking, running and cycling are great ways of getting some fresh air and exercise.

Youtube is a great source of exercise ideas. Get an adult to help you find some appropriate videos. Mr Brown loves dancing to 'Just dance' videos. Here is a good starting point:

<https://www.youtube.com/watch?v=yQ4fTI4wbko>

Work out videos are great, make sure that they are suitable exercises for your age. Here is a good starting point.

<https://www.youtube.com/watch?v=d3LPrhI0v-w>

You could also design and record your own workout video to music.

Supermovers is helping children across the UK to get physically active with videos that also help with literacy and numeracy. Visit [www.bbc.co.uk/teach/supermovers](http://www.bbc.co.uk/teach/supermovers) to get started

Design an 'assault course' in your garden, you could try and include challenges of balance, co-ordination and agility. Make sure it is safe!!

Keepy-uppy challenge – how many times can you bounce a ball on a bat or racket? How many times can you keep a ball up in the air using different parts of your body?

Try to limit your screen time. Although you may have access to phones and tablets, please use only use these when you need to. They can be used to create active videos on Tik-Tok for example or a 'how-to' video of a particular sporting technique.

Balloon volleyball – why not convert your front room or garden into an impromptu volleyball court, using a balloon instead of the ball. Play with family members or if you are by yourself, see how many times you can keep the balloon in the air. Top tip – a washing line makes a great net. Be careful if you are playing indoors!

Target practice – Find a safe space and collect your targets (teddies, empty bottles, shoes, DVD cases etc). Find a soft object you can safely throw (ball, teddy, rolled up socks etc). Select a position to stand in and try to knock over all of your targets. Make it harder by having some further away and even harder by using your weaker hand.

Catch 10 - Find an object that you can safely throw up and catch (ball, bean bag, rolled up socks etc) try and complete the following levels. 1. Toss up and catch. 2. Toss up, clap and catch. 3. Toss up, clap x2 and catch. 4. Toss up, touch shoulder and catch. 5. Toss up, touch knees and catch. 6. Toss up, touch shoulders then knees and catch. 7. Toss up, touch the floor and catch. 8. Toss up, spin around and catch. 9. Toss up, clap in front of you and behind you and catch. 10. Toss up, 5 claps and catch. If you complete all 10 levels, make up your own new levels!

Make up a game. You decide the rules, you decide what equipment is needed, you decide how you score points or win. Challenge your family members to play.

Become an expert – Choose a sport or activity that you don't know as much about. Research the rules and tactics, best players and clubs. You could present this information on a poster or using ICT.

Write a sports report. If you can find any live sport then you could write a live report, if not then you could use old footage from youtube. I'm sure your English teacher would love you to use descriptive writing to really set the scene.

Write a sporting bio. Choose one of your favourite sports personalities and write a bio of their achievements, sporting strengths and who they have represented.