

Dear parents and carers,

During lockdown, it is important to for our children to stay as fit and active as possible. However, we appreciate that it may be difficult for you to teach PE with your child if they are learning at home during this period - without the necessary equipment and particularly if you are juggling home schooling with working from home yourself! With this in mind, we would like to ask you use the fantastic free 'Go Noodle' website over the course of this half term, which offers a range of engaging movement activities. Your child may have already completed some of the 'Go Noodle' dance videos from YouTube. However, the specific website will allow children to easily access all of the routines in the same place, choosing their favourites.

First, go to **family.gonoodle.com**, where you will see tiles for different Go Noodle 'channels'. Each channel contains a variety of fun, guided dance and exercise routines, many of which your child may already be familiar with.

The channels below are best to really get your child moving and we would love your child each day. This could involve your child choosing several the shorter 3-5 minute routines. Alternatively, the 'House Party' channel offers 20 minute activities.



Of course, if you already have a physical activity in mind for the day which you would prefer, such as going for a bike ride, that's fantastic.

Additionally:

At school, we find that children really benefit from regular movement breaks to help them focus on their learning. You might choose to use the channels above in this way. Alternatively, if you feel that your child just needs a short 'brain break,' the 'Brainercise' channel offers **1-2 minute fine motor skills activities** which may be helpful. Children find 'Mr Cat Man' hilarious!



If you child needs a calming activity, the 'Flow' channel offers a range of **mindful breathing** activities that can work wonders! 'Rainbow Breathe' in particular is lovely.



Although you can access Go Noodle directly through your browser at family.gonoodle.com, apps for different devices are also available, with the option of setting up your own free account:



If you have any questions, please let us know and we will be happy to help.

Many thanks and happy Gonoodling!