



Hello from Mr. Sigley

HELLO!

06.04.20



Hi Everybody,

First of all I hope you are all keeping safe, you are all in my thoughts during this difficult time. I miss you all and I'm looking forward to seeing you all soon hopefully.

On the P.E sections of your school websites you'll find some 'P.E Home Learning Packs' I've put together. Each classes pack is different to the others – have a go at your year groups for a few weeks first. But there is no harm in having a look at the other packs too.

Also below you'll find a few ideas to check out to help you stay active too:

Change 4 Life 'Ten Minute Shake Ups'

Cosmic Kids Yoga on Youtube Kids

Joe Wicks Live Workouts

Go Noodle

BBC Sport Supermovers

<https://www.onedanceuk.org/wp-content/uploads/2020/03/Resources-to-support-remote-dance-teaching-6.0.pdf> (Thanks Mrs. Page!)

F2 Freestylers

Port Vale Foundation Trust have a brilliant Twitter account which has set some great challenges

I know some of you were doing amazing with the Trip to Tokyo challenge, if you were enjoying tracking how far you had ran – keep on going!

I can't wait to see you all soon. Have fun trying out the challenges and games,

Mr. Sigley

