

## Suggestions for supporting home learning and healthy children for schools and parents!

1. Spreading some cheer! The Rainbow hope challenge, reminding us of God's love (Genesis 9:13). Create a rainbow and display on school or home window/ post to a care home to show we are in this together. See <https://www.edp24.co.uk/news/rainbow-paintings-have-been-spotted-in-windows-to-spread-cheer-across-norfolk-1-6571063>
2. Look at the guidance set up by Norfolk Local Authority: <https://www.norfolk.gov.uk/education-and-learning/schools/educational-resources>
3. There are a number of website being developed to support home learning e.g. <https://whiterosemaths.com/homelearning/>, <https://www.twinkl.co.uk/resources/covid19-school-closures>
4. "PE with Joe" on Twitter @thebodycoach from 9 am – start the day with exercise!
5. The School sports partnership are producing exciting home challenges for example:

### Battleships

Home Physical Education

Can you play fairly and keep the score?

How to play:

- With a partner, each player places three targets (battleships) in front of them.
- Players take turns to throw an object towards their opponent's battleships.
- Each time a battleship is hit, it is removed.
- Players are not allowed to stop the object from hitting a battleship.
- The winner is the first player to hit all of their partner's battleships

Can you keep trying even if you miss the target?

Top Tips


Throwing Underarm

Step forwards with one foot, releasing the ball from low to high using your opposite hand

Let's Reflect

What did you learn after each throw to adapt for the next?

How did you keep focused?



To access these resources, go onto: <https://www.wndssp.co.uk/challenges>

Username: [guest@wndssp.co.uk](mailto:guest@wndssp.co.uk)

Password: 123456