

P.E. WITH JOE

Monday - Friday

9am Live on YouTube

The Body Coach TV

#PEwithJOE

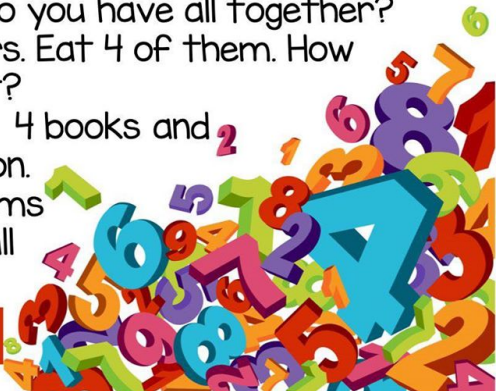
👯 The fabulous Oti Mabuse has been doing daily Dance Lessons, they have been so much fun for us and easy for little ones to follow. Just go on her YouTube page, they are all saved there.

❄️ Today's theme is Frozen and I know for a fact we have a few Frozen fans at The Spring Montessori!

MATH SCAVENGER HUNT

primary playground

- Find 2 pencils and 1 blue crayon. How many items do you have now?
- Find 5 blocks and 2 pennies. How many items do you have now? Take away 3 blocks. How many items are left?
- Find 4 socks and 2 stuffed animals. How many items do you have all together?
- Find 8 crackers. Eat 4 of them. How many are left?
- Find 3 spoons, 4 books and 2 orange crayon. How many items do you have all together?



INDOOR SCAVENGER HUNT

primary playground

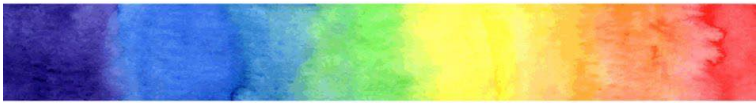
- Find a fork.
- Find something that is red.
- Find a tissue box.
- Find 3 things that have wheels.
- Find an orange crayon.
- Find something that is very soft.
- Find a band-aid.
- Find a key.
- Find 2 socks that match.
- Find something round.
- Find a sticker.
- Find a rubber band.
- Find a pair of glasses.
- Find an envelope.



RAINBOW SCAVENGER HUNT

primary playground

- 🌈 Find something red.
- 🌈 Find something yellow.
- 🌈 Find something orange.
- 🌈 Find something green.
- 🌈 Find something blue.
- 🌈 Find something purple.
- 🌈 Name a fruit that is red.
- 🌈 Name an animal that is yellow.
- 🌈 Name a vegetable that is orange.
- 🌈 Name a plant that is green.
- 🌈 Name a flower that is purple.
- 🌈 Name something outside that is blue.



INVENTOR SCAVENGER HUNT

primary playground

- Find something that you can turn.
- Find something that is bumpy.
- Find something that is metal.
- Find something you put together.
- Find 3 things that are round.
- Find something you twist.
- Find something shiny.
- Find something you can roll.
- Find a tube.
- Find 3 things that are squishy.
- Find something clear.
- Find something that can bounce.



BOOK SCAVENGER HUNT

primary playground

- Find an animal in a book.
- Find the word spring in a book.
- Find someone helping someone in a book.
- Find a picture of a sun in a book.
- Find a book that makes you laugh.
- Find a bug in a book.
- Find someone sleeping in a book.
- Find a character eating in a book.
- Find a pet in a book.
- Find a cat in a book.
- Find a superhero in a book.
- Find a bike in a book.



😊 We have been loving these live videos from Captain Fantastic, and they have just added even more to keep all ages entertained 😊.



CAPTAIN FANTASTIC
ONLINE INTERACTIVE ENTERTAINMENT FOR CHILDREN

MARCH 30TH - APRIL 3RD

	9AM (3-7yrs)	10AM (1-4yrs)	2PM (5-8yrs)	3PM (5-8yrs)
MON	FITNESS	TODDLER	MATHS	DANCE
TUES	FITNESS	TODDLER	WELLBEING	SINGING
WEDS	FITNESS	TODDLER	HISTORY	COOKING
THURS	FITNESS	TODDLER	ENGLISH	DANCE
FRI	FITNESS	TODDLER	SCIENCE	SINGING

WATCH US OVER AT WWW.CAPTAIN-FANTASTIC.CO.UK/LIVE-VIDEO

👩 If any of your little ones got to ballet class, and have been missing it (I know Pearl has!)

👩 Then these videos from The Ballet Coach are fab! Pearl even got dressed in her tutu and ballet shoes, it was so much fun. All her videos are saved on her Facebook page too, so you can watch them anytime ❤️!



5,922 Views

| **The Ballet Coach** was live.

Free Websites and Apps to support with... Mindfulness and Keeping Active



Smiling Mind

Short audio sessions to help with mindfulness.
<https://app.smilingmind.com.au/>



Cosmic Yoga - YouTube

Yoga videos designed for kids aged 3+
www.youtube.com/user/CosmicKidsYoga



BBC Supermovers

Interactive videos to support with KS1 and KS1 Maths, Literacy and PSHE and PE learning. Great for times tables—as well as videos that are 'just for fun'.
www.bbc.co.uk/teach/supermovers



Go Noodle—YouTube (More videos on their own website)

Hundreds of 'brainercise', dancing, strength and mindfulness videos—as well as videos that are 'just for fun'.
www.youtube.com/user/GoNoodleGames/featured



Premier League Stars

Videos and activities to support with Maths, Literacy, PSHE and PE.
www.plprimarystars.com



Newsround

Keeping children up to date with the world around them—creating opportunities to talk about the news with children.
www.bbc.co.uk/newsround

KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



FROG JUMPS

Hop, hop, back and forth like a frog



BEAR WALK

Hands & feet on the floor, hips high - walk left and right



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

RAISING AN EXTRAORDINARY PERSON
[HTTPS://HES-EXTRAORDINARY.COM](https://hes-extraordinary.com)

what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

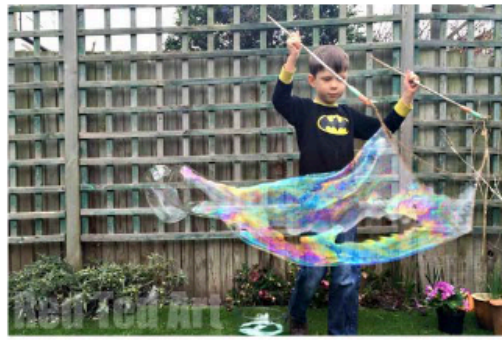
Giant Bubble Making

Giant Bubble Wands

What will you need:

- 2 sticks
- 2.2m of string
- Duct tape or other tape
- Extras optional for decorating

1. Cut the string into lengths of 1m and 1.2m. Tie them together, as pictured, leaving a little rope at the ends.
2. Attach the string to the sticks with tape.



Big Bubble Wands

What will you need:

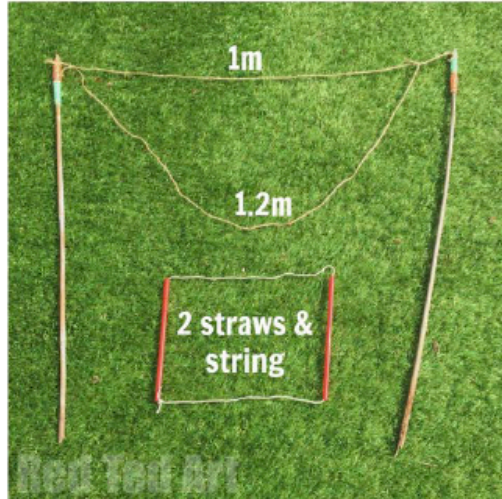
- 2 Straws (with a big opening helpful)
- String

Thread the string through the straws and tie the ends in a knot, as pictured.

DIY bubble mixture

What will you need:

- Mixing bowl
- 1 litre of hot water
- 250ml good-quality washing-up liquid
- 2-4 tablespoons of glycerine (this makes the bubbles thick and last longer. You can buy it in bulk on Amazon, or in the baking section of your supermarket.)



Rainbow Bubble Snakes

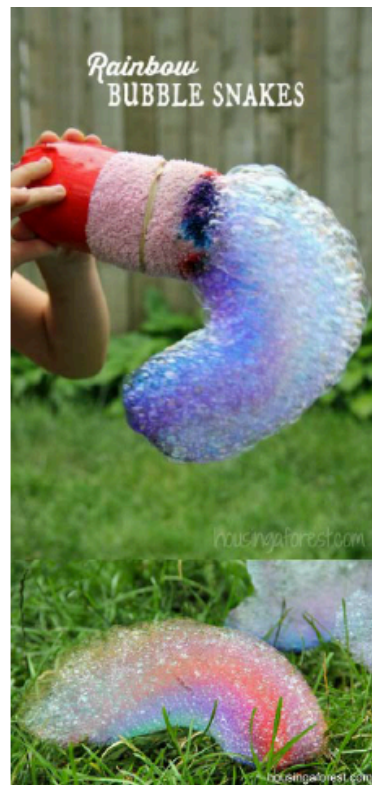
What you'll need:

- An empty water bottle
- An old sock missing its match
- Duct tape and/or rubber band
- Washing-up liquid
- Water
- Food colouring (optional)

1. Start by cutting the bottom of the water bottle off. Next slide the sock over the bottom of the bottle. We used colourful duct tape to secure our sock, but you could use a rubber band as well.



2. Pour some washing-up liquid into a shallow container with a little water and gently mix.
3. Dip the sock-covered bubble blower into the solution and gently blow. Remind your kids to blow air out not in!
4. We decided to add some colour to the bubble snakes with food colouring. The kids dropped the food colouring onto the sock-covered end.



From: <http://www.houzingaforest.com/rainbow-bubble-snakes/>

Pom-pom racing game

What you'll need:

- Coloured masking tape
- Pom-pom balls
- Straws

1. Use the masking tape to make the driving lane, as shown in the image.
2. Give one straw and one pom-pom to every kid playing the game.
3. Call the kids turn by turn to avoid any hassle.
4. The challenge for kids is to take the ball to finish point by blowing the air through straw pipes. The child who takes the ball to finish line first is the winner.



Small World Play in a Box

Turn a cardboard box into a giant small world play scene, with drawn on road, train tracks and play elements made from everyday recycled materials. This is the perfect rainy afternoon fun set up and encourages creativity and imaginative play.

Use marker pens, pencils and encourage the children to get involved.

Create extra features with other household materials, such as boxes and toilet rolls. We created a tunnel from half a toilet roll and a station from an old cereal box.

Use toy trains, cars, animals, blocks and people to play in your imaginary world.



Build a Car Race Track

What you'll need:

- Big board (such as a train table)
- Lego
- Poster putty or blue tack
- Cars for racing

1. Use a board to make the racing surface, then use furniture to balance it at an angle.
2. Build lanes out of Lego and attach them to the board with poster putty or blue tack.
3. Create a bar to hold the cars at the top with more Lego. We built the white bar vertically and then laid it on its side, so it does not stick to the bricks in the lanes at all. We used white 2 x 2 bricks and 2 x 3 bricks. When you remove this bar, the cars will speed down the race tracks.
4. We built a finish line by making a pattern of black and white bricks on top of several flat pieces.
5. Place your cars at the top and race!

