**Let’s DREAM (DRop Everything And Move) at the Good Shepherd!**

**Strong evidence proves that regular physical activity is associated with numerous health and education benefits for**

**children.**

**The UK Chief Medical Officers recommend that all children and young people should engage in physical activity** **of moderate to vigorous intensity for at least 60 minutes every day.**

**What can we do to support this? Our school already offers an average of two hours of PE or other physical activities per** **week. However, we need to do more to encourage children to be active every day.**

**It is suggested that at least 30 minutes of physical activity should be delivered in school every day through active breaktimes, extra-curricular clubs, active lessons or other sport and physical activity events. The remaining 30 minutes supported by parents and carers outside of school time.**











**Links for the above activities!**

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| **Daily mile:** [**http://www.thedailymile.co.uk/**](http://www.thedailymile.co.uk/)**Just Dance:** [**http://www.youtube.com/channel/UChIjW4BWKLqpojTrS\_tX0mg**](http://www.youtube.com/channel/UChIjW4BWKLqpojTrS_tX0mg)**10 minute Shake up:** [**http://www.nhs.uk/10-minute-shake-up/shake-ups**](http://www.nhs.uk/10-minute-shake-up/shake-ups)**Go Noodle:** [**http://www.gonoodle.com/**](http://www.gonoodle.com/)**Cosmic Kids:** [**http://www.app.cosmickids.com/**](http://www.app.cosmickids.com/)**Premier League Stars:** [**http://www.plprimarystars.com/**](http://www.plprimarystars.com/)**Orienteering:** [**http://www.questr.org/**](http://www.questr.org/)**Fitter Future:** [**http://www.fitterfuture.com/**](http://www.fitterfuture.com/)**Active 30/30:** [**http://www.youthsporttrust.org/active3030**](http://www.youthsporttrust.org/active3030)**Active Phonics:** [**http://www.activephonics.co.uk/**](http://www.activephonics.co.uk/)**Imoves:** [**http://theimovement.com/**](http://theimovement.com/) | **Active Story:** [**http://www.actionforhealthykids.org/**](http://www.actionforhealthykids.org/)**Taktiv8:** [**http://www.tagtiv8.com/**](http://www.tagtiv8.com/)**Mighty maths:** [**http://www.mightymaths.co.uk/**](http://www.mightymaths.co.uk/)**Skipping:** [**https://www.jumpruk.com/the-lock-down-jump-rope-challenge/**](https://www.jumpruk.com/the-lock-down-jump-rope-challenge/)**Bizzy Breaks:** [**http://www.cambslearntogether.co.uk/services-to-schools/pe/physical-activity#**](http://www.cambslearntogether.co.uk/services-to-schools/pe/physical-activity)**BBC Super Movers:** [**https://www.bbc.co.uk/teach/supermovers**](https://www.bbc.co.uk/teach/supermovers)**BBC Boogie Beebies:** [**http://www.bbc.co.uk/programmes/b006mvsc**](http://www.bbc.co.uk/programmes/b006mvsc)**Dough Disco:** [**http://www.youtube.com/watch?v=i-IfzeG1aC4**](http://www.youtube.com/watch?v=i-IfzeG1aC4)**Active Classroom:** [**http://www.activekidsdobetter.co.uk/**](http://www.activekidsdobetter.co.uk/)**Jack Hartaman Counting exercises:** [**http://www.youtube.com/watch?v=0TgLtF3PMOc**](http://www.youtube.com/watch?v=0TgLtF3PMOc) |