Katerina Johnson -Thompson

Each week we are going to give you a few ideas to keep both your body and mind active. We will also give you links to online resources we think you may find useful. Each activity will have a KS1 or KS2 option, but feel free to try all the activities if you feel it is appropriate.

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Here is Katerina Johnson -Thompson.

She is a famous Olympian.

She does an event called the Heptathlon.

**KS1**

Draw yourself doing some running, jumping, or throwing.

Can you draw the flag for Great Britain?

**KS2**

Research Katerina Johnson-Thompson

Find out what events are in the Heptathlon. What are Katerina’s best times and distances for each event? You could make a chart to display them.

Draw a picture of your favourite activity in the Heptathlon.

**Family Challenge**

Look the resources named ‘Step Up Challenge’, ‘Star Jump Challenge’ and ‘Air Balloon Challenge’. Have a family competition! Children – make a chart to record everyone’s results. Maybe everyone could get more than one attempt to try to achieve their best performance. What could a reward be for the winning family member? Please tweet me at @NWEssexSSP – I would love to see how you all get on!

Some other fun Disney inspired family activities…

<https://www.nhs.uk/10-minute-shake-up/shake-ups/bo-peeps-herd-and-seek>

<https://www.nhs.uk/10-minute-shake-up/shake-ups/simbas-jungle-skills>

**Orienteering Activity**

**KS1**

Go on at least two walks with your family. Use the ‘spring hunt’ or ‘colour hunt’ checklist (in week one resources in parent zone). Tick them off as you go on your sensory walk and discuss them when you get home.

Challenge

When you are home can you draw the things you saw and label them?

**KS2**

Go on at least two walks with your family for approx. 60 minutes. Can you find (or take pictures) of the following things:

* Red front door
* Lawnmower
* Brick house
* Three cars on a driveway
* Road sign
* Pond
* For sale/sold sign
* Basketball hoop
* Garage
* Dog
* Flag
* Fir cone
* 3 story house
* White fence
* Cat
* Flower

Challenge

Make your own list of things to find on a scavenger hunt and give it to another family member to find. Maybe another family member could make one for you too?

**Creative Activity**

**KS1**

Put on your favourite Disney song and move like your favourite characters for the whole song. Choose different songs and different characters and animals.

Challenge

Can you use different levels in your dance? How high and low can you travel?

**KS2**

Pick a favourite song and make up your own Dance routine. Can you perform your dance to another family member?

Challenge

Can you teach the dance to someone else who lives with you? 😊

**Fitness**

Play at least one game of ‘Active Monopoly’ (the resource can be found in the attachments below)

Challenge

Can you make your own version of the board game with different exercises?

**Things to try this week…**

* Check out The Michael Richardson Football Academy on YouTube by searching MRFA – subscribe to the page and there is a live football session everyday at 1.30 pm.
* Essex based Cheerleading Club ‘Oblivion Allstars’ also have live cheerleading sessions on a weekly basis – search oblivionallstars on Instagram to view their live videos.
* Cosmic Kids Yoga – The app has a free 2 week trial (£6.99 a month thereafter), or just find the sessions on you tube.