



KS2 Wellbeing Wednesday

Mindfulness Activity

Watch the video and practice :))

General Useful links

<https://www.youtube.com/watch?v=n1m4h79JZso&t=30s>

PE / Fitness Activity

Complete the whole of a daily workout with Joe Wicks 😊

General Useful links

<https://www.youtube.com/watch?v=W1M7tr4E5QI>
<https://www.youtube.com/watch?v=zJY7kDJJrp0>
<https://primarypeplanning.com/home-pe-ks2-activities/>
https://www.youtube.com/watch?v=MzGYBV_XQEc

Work out with Joe Wicks using the link below

<https://www.youtube.com/watch?v=faE7889A1aU>

Activity 1:

Choose an activity from the topic web on your year group home learning page on the website that does not require using the screen.

<https://www.llantiliopertholeycv.monmouthshire.sch.uk/>

Activity 2:

Choose an activity from the Health and Wellbeing section of the website:

<https://www.llantiliopertholeycv.monmouthshire.sch.uk/copy-of-expressive-arts-websites>

General Useful links and ideas

<https://www.bbc.co.uk/programmes/p08z bq8b...>

<https://www.bbc.co.uk/bitesize/levels/zbr9wmn>

<https://kids.nationalgeographic.com/>

<https://www.bbc.co.uk/newsround>

<https://www.firstnews.co.uk/>

