



Newsletter

Lets get moving! A range of links suitable for Foundation Phase up to KS2



Chwarae i Ddysgu / Play to Learn

Tair stori sy'n annog plant i fod yn weithgar drwy ddysgu sgiliau newydd a'u defnyddio mewn gemau.

Three stories which encourage children to be active by learning new skills and using them in various games.

[Resources - English](#)

[Resources - Cymraeg](#)



Andy's Travels

CBeebies' Andy travels the world to amazing places and learns to move like the animals he meets on his wild adventure. Ideal for younger children.

[andys-wild-workouts-series-1-6-rainforests](#)



Circuit Training

These fitness cards could be used to create a circuit training session.

[physical-action-cards](#)



Health Matters

Health matters has its own Facebook page and does post basic activity sessions for young children every Monday, Wednesday & Friday at 11:00am.

[Example session](#)



Cosmic Yoga

Yoga, mindfulness and relaxation activities designed especially for children aged 3+ which can be used in the classroom and at home.

[Example session](#)



Born to Move

There are 7 Dance sessions included in this video with one using scarves. (You could repeat your favourite dance or practice them all!!) It is a 23 minute session with a cooling down session at the end. (Suitable for Year 2 pupils)

[Dance sessions](#)



Supermovers

Get up and move! Learn KS1 & KS2 maths through supermovers!

[BBC Supermovers](#)





As we find ourselves in these strange times and using our daily exercise to walk around our communities, you may have noticed while doing this children using things the street or local green spaces have to play. That could be balancing on the edge of the kerb or a low wall, not stepping on cracks on the pavement, finding sticks to turn into wands, running their hands on rails for a sensory experience, rolling down hills, and many others.

All these things are considered to be affordances for play whether they are intentional (such as a chalked hopscotch) or, as often, unintentional (cracks in the pavement).

Each affordance presents children with a way to explore, engage their imagination and enjoy a moment of playfulness. You can make your community more playful by making your own affordances for play.

Chalking is a great way during this time to create affordances for play within your own community. The play object of the week below has some great ideas, you could even leave chalk out for other children to play with. Go out and do some chalking!

We would love to see any photos or videos of you and your family being playful. Please send them to play@wrexham.gov.uk and we will share in the coming weeks.

Useful links

International Play Association

ipaworld.org/

<http://ipaworld.org/resources/for-parents-and-carers-play-in-crisis/>

Young Wrexham Website

www.youngwrexham.co.uk

Play and Youth Support Team

Contact us

play@wrexham.gov.uk

01978206361

Play object of the week

How can I play with ...

CHALK

- Self Portrait
- Fun Messages
- Twister
- Obstacle course
- Floor is Lava
- Hopscotch
- A maze
- Themed pictures

What else can you do?



Playful Timetable

	Indoor	Outdoor
Monday	Make street chalk pain (cornflour, water and food colouring)	Paint the paths
Tuesday	Make a bubble mix—google a recipe	Who can pop the most bubbles
Wednesday	Turn the lights off and play in the dark	Teddy bears picnic
Thursday	Have a disco	Practice your handstands
Friday	Can you make slime—lots of recipes on the internet	Have a minibeast hunt
Saturday	Hide and seek	Make a mural of natural materials
Sunday	Play any board games you've got	Tree bark/leaf rubbings—place paper over tree/leaf and use a crayon to rub

Space Themed Walk



Government advice currently states that families are allowed out for exercise. This information sheet has been developed to inject some fun, playful activities into daily exercise and throughout the day.

3...2...1... lift off!!
 It's time for you and your crew to adventure into outer-space.

Keep a log of your Journey
 How many people did you see?
 Did you know them?
 How many steps did you walk?
 What was the weather like?

Before Take-Off

- You need a space helmet to survive: can you make one?
- Plan your journey: how many planets will you visit?
- Build a rocket from junk materials.

Things to do in Space

- Go for a moon walk, walking in slow motion with arms out wide
- Use your lightspeed to get to the next planet
- Find some moon rocks, a lightsaber and some stardust to take back to earth
- Look at the sky, can you see any shapes in the clouds?
- Quick! Hide from the aliens! How many did you spot
- Wave to other astronauts, ask them what planets they have been to.

Back to Earth..

- Draw a picture of your space adventure
- Imagine what an alien would look like—now make one!
- Grab a torch and play in the dark, can you make shadow puppets?



Important
 Adhere to social distancing guidelines during any daily exercise. Remain at least 2 metres away from other people at all times.

And finally.....



Action for Happiness

The monthly calendars are packed with actions you can take to help create a happier and kinder world. Include a new 'Coping Calendar' - 30 actions to look after ourselves and each other as we face this global crisis together.

[Monthly Calendars](#)



**NOT ALL STORMS COME TO
DISRUPT YOUR LIFE. SOME
COME TO CLEAR YOUR PATH.**

TOBYNAZ #SPEAKLIFE

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