



# Newsletter

## Great Grub Club

A website for children, parents and teachers all about healthy living with interactive games and a comprehensive KS1 and KS2 teachers' section. Free downloadable lesson plans, recipes, factsheets and 'make and do' activities

[Click here](#)

---

## Active Wrexham



Active Wrexham has been busy putting together an activity booklet to keep the children entertained and active during the Coronavirus outbreak - something everyone can get involved in!!!

[Click here](#)



## Get Set, Ride...

Riding a bike gives you a great sense of freedom – and we think every child in Britain should have the chance to learn. That's why we created HSBC UK Ready Set Ride, with free, quick and easy games to help you teach your child how to pedal – having lots of fun along the way. Kids can start at any age and there is no pressure to start pedalling on your first go. In fact, you don't need a bike or any cycling knowledge to get started. Plus we have lots of

helpful information about bikes, knowing when your child is ready to ride and how you can use household items to play any of the games in your own home.

To start your learn to ride journey together, simply click on [Activities](#) and explore over 20 free games.

[Click here](#)

---

## Sport Wales



Specialist resources aimed at improving children's physical and sport skills are being made available for free for use during the Coronavirus lockdown.

Sport Wales' Play to Learn and Dragon Multi-Skills and Sport programmes are used in schools and education settings across Wales.

With families looking for inspiration to keep children active, the resources can now be accessed online.

[Click here](#)

---



### Feed me!

It can be hard to stop reaching for the sugary snacks, even more so at the moment. Change for life have some quick and simple sugar swaps for next time you're feeling a bit peckish....

[Sugar swaps](#)

---

### Cook-a-long

Don't forget to check out cooking togethers cooking videos - the recipe collection is growing every week - why not try out the chicken zinger burger.....



[Hapi cook-a-long](#)

Alternatively you can check out their Facebook page or you tube channel

---

# 8 how many ways are you changing?

change  
**4** life  
Eat well Move more Live longer

## 1 sugar swaps



I'm swapping sugary drinks for water, milk or unsweetened fruit juice.

## 2 meal time



I'm eating 3 meals a day - including a healthy school lunch.

## 3 me size meals



I'm eating meals that are the right size for my age - not as big as a grown up's.

## 4 snack check



Lots of snacks are full of fat, sugar and salt, so I'm eating healthy snacks!

## 5 5 a day



I'm trying to eat 5 portions of fruit and veg every day.

## 6 cut back fat



My family are changing how we cook to make our meals more healthy.

## 7 60 active minutes




I'm spending at least 60 minutes walking, playing sport, running around or playing outside every day.

## 8 up and about



After I've been sitting still for a while, I'm jumping up and doing something more active.

Want more tips to help you stay healthy and happy?

 Search 'Change4Life'



# Dinosaur Themed Walk

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

Watch out! There's Dinosaurs about!  
Use these playful ideas to have a  
Roarsome adventure!

**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 you explore...**

- Dress up like an explorer - don't forget your wellies.
- What supplies might an explorer have in their rucksack?
- Try making some binoculars to spot Dinosaurs.

**During your expedition...**

- Look for dinosaur footprints
- Dig for fossils- stones, sticks, shells.
- Make a hide-out to look for dinosaurs without being spotted
- Climb a tree to look for big dinosaurs
- Try to walk like a T-rex- STOMP! STOMP! STOMP!
- Build a dinosaur nest using sticks, stones, leaves, mud etc
- The dinosaurs are coming—run as fast as you can to escape
- Flap your arms like Pterodactyl wings

**When you return to basecamp...**

- Draw pictures of the dinosaurs you saw on your walk
- Make your own dinosaur eggs by painting stones. You could hide them on your next adventure

Can you say the names of these dinosaurs?

Triceratops Diplodocus  
Pterodactyl T-Rex

**Important**

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



And finally.....

# 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!