**Lockdown January-March 2021 Weekly PA & Nutrition**

**Spring 1**

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| **Week**  | **Activity Resource** | **Nutrition tip** |
| 1 | **YST**[**Challenge cards**](https://www.youthsporttrust.org/primary-pe-activities) | Count the number of fruit/veg you eat each day for a week. Compare with someone else in your family. Is it the same? What is a realistic goal for you? |
| 2 | [Move Crew – ukactive Kids](https://ukactivekids.com/movecrew/) | Seasonal fruit. Which fruit is in season this month? Can you find these in the supermarket? Seasonal fruit is fresher and tastier. |
| 3 | This is PE | Children should be drinking 1 to 1.5 litres of water a day to keep you hydrated, and your body functioning optimally.  Find a measuring jug and work out how many portions of water that is per day using the glass/cup/beaker/bottle that you would normally drink out of.  Can you try and meet that target each day?  How do you feel by the end of the week? |
| 4 | YST after school clubSoccarhubcoaching | Vitamin D It's important to take vitamin D as you may have been indoors more than usual this year.You should take 10 micrograms (400 IU) of vitamin D a day between October and early March to keep your bones and muscles healthy.The body creates vitamin D from direct sunlight on the skin when outdoors.But between October and early March we do not get enough vitamin D from sunlightVitamin D is also found in a small number of foods.Sources include:* oily fish – such as salmon, sardines, herring and mackerel
* red meat
* liver
* egg yolks
* fortified foods – such as some fat spreads and breakfast cereals
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| 5 | Mental Health Week resourcesKyra ProThis girls can DisneyLeeds RhinosOti MabuseJust dance | Mood boosting foods.Evidence suggests food may play a role in your [overall mental well-being](https://www.mind.org.uk/media-a/2929/food-and-mood-2017.pdf) by helping to reduce stress, ease anxiety and even [fight depression](https://journals.lww.com/psychosomaticmedicine/fulltext/2019/04000/the_effects_of_dietary_improvement_on_symptoms_of.7.aspx).A growing body of research highlights the importance of [reducing the consumption of processed foods](https://www.bbcgoodfood.com/howto/guide/balanced-diet) such as refined fats and sugars, in place of fresh, whole foods. In particular, studies have shown that a [high intake of fruits and vegetables](https://www.ncbi.nlm.nih.gov/pubmed/31906271) is favourable when looking to diet to support your mood.Beyond this, key additions such as omega-3 rich fats, fibre-rich wholegrains, fermented foods, proteins and dark green vegetables are notable when it comes to promoting mood balance and well-being.Examples below;Banana porridgeFrozen Berry SmoothieSalmon pastaPeanut butter & apple slicesShepherd’s pieBanana pancakesGreen veg or lentil soup |
| 6 | GreenacreC4L – Healthy Lives Calendar | Proteins:Protein is a macronutrient which means we need to consume larger amounts of these foods in our diet than micro- nutrients such as Vitamins.  Protein is essential to our body for growth, repair and maintenance.Animal sources include chicken, beef, fish, pork, cheese eggs, yoghurt and fish.  Non-animal sources include tofu, lentils, chickpeas, peas and beans.  You should aim to have a source of protein with every meal.  Examples include; spaghetti bolognaise with beef mince, fish and chips, lentil soup, chickpea curry, chicken stir fry, yoghurt and fruit.  Cheese on toast.  |

**Half term Spring 2**

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| 7 | [Chance to Shine - YouTube](https://www.youtube.com/user/Chancetoshinecricket/videos)45min cricket-based activities suitable for at home, classrooms with small numbers, or larger bubble groups.[Ping Pong 4 U - YouTube](https://www.youtube.com/channel/UCVFOmMOAP-JVoOzFhKEPZug)For table tennis children can use a ball of socks, and a hard back book if they do not have a suitable bat and ball. | **Fibre:**There is strong evidence that eating plenty of fibre is associated with a lower risk of [heart disease](https://www.nhs.uk/conditions/coronary-heart-disease/), [stroke](https://www.nhs.uk/conditions/stroke/), [type 2 diabetes](https://www.nhs.uk/conditions/type-2-diabetes/) and [bowel cancer](https://www.nhs.uk/conditions/bowel-cancer/). Choosing foods with fibre also makes us feel fuller, while a diet rich in fibre can [help digestion and prevent constipation](https://www.nhs.uk/live-well/eat-well/good-foods-to-help-your-digestion/). Children under the age of 16 don't need as much fibre in their diet as older teenagers and adults, but they still need more than they get currently: * 2 to 5 year-olds: need about 15g of fibre a day
* 5 to 11 year-olds: need about 20g
* 11 to 16 year-olds: need about 25g

On average, children and teenagers are only getting around 15g or less of fibre a day. Encouraging them to eat plenty of fruit and vegetables and starchy foods (choosing wholegrain versions and potatoes with the skins on where possible) can help to ensure they are eating enough fibre. To increase your fibre intake you could: * Choose a higher-fibre breakfast cereal such as plain wholewheat biscuits (like Weetabix) or plain shredded whole grain (like Shredded wheat), or porridge as oats are also a good source of fibre. Find out more about [healthy breakfast cereals](https://www.nhs.uk/live-well/eat-well/healthy-breakfast-cereals/).
* Go for wholemeal or granary breads, or higher fibre white bread, and choose wholegrains like wholewheat pasta, bulgur wheat or brown rice.
* Go for potatoes with their skins on, such as a baked potato or boiled new potatoes. Find out more about [starchy foods and carbohydrates](https://www.nhs.uk/live-well/eat-well/starchy-foods-and-carbohydrates/).
* Add [pulses](https://www.nhs.uk/live-well/eat-well/beans-and-pulses-nutrition/) like beans, lentils or chickpeas to stews, curries and salads.
* Include plenty of vegetables with meals, either as a side dish or added to sauces, stews or curries. Find out more about [how to get your 5 A Day](https://www.nhs.uk/live-well/eat-well/5-a-day-what-counts/).
* Have some fresh or dried fruit, or fruit canned in natural juice for dessert. Because dried fruit is sticky, it can increase the risk of tooth decay, so it's better if it is only eaten as part of a meal, rather than as a between-meal snack.
* For snacks, try fresh fruit, vegetable sticks, rye crackers, oatcakes and unsalted nuts or seeds.
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| 8 | [Physical Challenges! - YouTube](https://www.youtube.com/playlist?list=PLaOhq-TCnHO79eHqfAfeozxiabhO6Ghzy)A range of fun at home challenges for the whole family.[LUSU Inclusive Sports - YouTube](https://www.youtube.com/channel/UC7ujScxWYb5PBG1RP_afjkw/videos)[Ability Not Disability - YouTube](https://www.youtube.com/channel/UC2ZlrAFCVddg5Tzhz4AH2nQ/videos)Inclusive PE channels ideal for low mobility and low ability learners. | **How to wash fruit and vegetables.  Storing and cooking with raw foods.**It is always advisable to wash all fruit and vegetables before you eat them to ensure they are clean and to help remove bacteria from the outside. Peeling or cooking fruit and vegetables can also remove bacteria. **What is the key advice for safely storing, handling and cooking raw vegetables?*** Always wash your hands thoroughly before and after handling raw food, including vegetables.
* Keep raw food, including vegetables, separate from ready-to-eat foods.
* Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these items thoroughly in between uses.
* Check the label – unless packaging around vegetables says "ready to eat", you must wash, peel or cook them before eating.
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**How can I avoid cross-contamination?**To prevent cross-contamination: * always wash your hands after handling raw food
* store raw and ready-to-eat foods separately
* store raw meat in sealable containers at the bottom of your fridge so that it cannot drip onto other foods
* use a different chopping board for raw food and ready-to-eat food, or wash it thoroughly in between preparing different types of food
* clean knives and other utensils thoroughly after using them with raw food
* [do not wash raw meat or poultry](https://www.nhs.uk/live-well/eat-well/never-wash-raw-chicken/) – any harmful bacteria will be killed by thorough cooking, and washing may splash harmful bacteria around the kitchen

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