

## Remote Sport for Spring Term 2021

Dear All,

The message to boys for this half term is that they should have **some form of exercise as part of their daily routine**. This could be a formal training session, a family walk, bike ride or a 'kick about in the park'. Invariably, the nature and suitability of this exercise will vary depending on the individual and individual circumstances.

The programme we have devised, and the sessions and competitions as linked below, will hopefully engage the boys, as well as give some structure to each week!

### Games

Physical activity sessions, which can be done from/at home, will be set on firefly for games lessons for the half-term. If possible, boys should complete these in their 'normal' games time (Tuesday, Thursday and Saturday afternoons). However, if more suitable for the family or the individual, they can be done at any time in the week. The sessions will be age and level appropriate and therefore suitable for all. They will normally include a combination of:

- a warm-up and cool down
- a body weight / 'core' circuit
- a walk/run/cycle/row - which will be part of a **house competition**
- a wellness / mindfulness activity

Please encourage boys to take part in this house competitions. To enter this, they will need to sign into the ['Strava' App/Site](#) and find Bedford School and then their house group in Explore/Clubs - and request to join.

The Games sessions and further information about the weekly **Skills and HIIT challenge**, can be found on firefly

<https://bedfordschool.fireflycloud.net/ussport/physical-activity-at-home>

### Physical Education Lessons

Practical Physical Education lessons, which can be completed in a small area at home, will be set (on firefly) for all fourth, remove and fifth form groups for the first two weeks. If possible, boys should do these during their 'normal' PE lesson time. From the week beginning 18<sup>th</sup> January, PE staff will deliver 'live' (practical and active) PE lessons via 'Teams'. On PE lesson days, boys should wear appropriate sports kit (boys will still only need a small space to take part in these lessons). We will ask boys to turn cameras on, for these lessons.

Link to Physical Education information <https://bedfordschool.fireflycloud.net/uspe>

### Extra-Curricular Sessions

Practical 'live' sessions, which can be completed in a small area at home, will be offered to boys on a regular basis. These sessions will ordinarily take place on a Monday, Wednesday and Friday lunchtime (12.45 to 1.15pm). Details for these sessions will also be posted on firefly

<https://bedfordschool.fireflycloud.net/ussport/physical-activity-at-home>

**Nutrition and healthy eating** will also form a large part of everyone's wellbeing at this time. In keeping with the message above, we recommend that boys maintain a daily routine based around consistent water hydration, three main meals a day, healthy snacks and making good food choices for most of the time. Further details can be found on firefly: <https://bedfordschool.fireflycloud.net/ussport/athletic-development/nutrition>

If you have any questions, please do not hesitate to get in touch.

Many thanks.

**Barry Burgess**  
**Director of Sport**