

Keeping Active During Remote Learning



Student Guide

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Keeping Active with Remote Learning

It is more important than ever for students to keep active during remote learning. This is because you have increased your **screen time** significantly, you are not moving between lessons, and you are not out and about for your break and lunchtimes. Make sure that you are including opportunities outside of school hours to remotely **socialise** with your friends as this is an important part of your wellbeing.

Getting Organised

There is a lot more responsibility on you being organised and self-motivated than in school. Make sure that you have good routines to make sure that you have a purposeful workspace. Think about:

1. **Is your workspace tidy?** Messy workspaces can cause stress and unnecessary anxiety when you are looking for that pen!
2. **Do you have everything you need?** Make sure that you have any stationery for your lessons to hand. You may be using school exercise books so get those ready too.
3. **Is the technology all set up?** Make sure that you are booted up and logged in to MS Teams nice and early so you are not stressing about running late. Check you have a charger nearby and any applications downloaded that you will need. If you have time, see if you have any of today's assignments already showing and take a sneak peek.
4. **Are your digital files in order?** Messy file structures and files names can cause unnecessary stress. If you are completing digital work, file it in folders labelled by each lesson. Get into the habit of including the date in your file name plus what the lesson is about eg *060121 Climate in Deserts*.
5. **Do you have water nearby?** Hydration is hugely underrated. Keeping a regular fluid intake will help your brain to do what it needs to and can help with reducing tiredness and headaches.
6. **How good is the ventilation?** Having a window open, even for a short time, can offer some fresh air which is good for keeping your alert levels up.
7. **When are you going to eat?** Food is fuel and important for keeping energy levels up. Try to avoid snacks with high added sugar content as these provide a short release of energy followed by a dip. Eat healthily and make sure that you include plenty of fruit.

Ground Rules

It is important for all students to set some basic **ground rules** when it comes to remote learning. There are some ideas here that may help you to keep active. Start with some basics:

1. Keep to your school timings closely
2. Use your breaks and lunchtimes away from your screen
3. Plan your non-screen time

Effective remote learning means being **highly organised** and this includes lesson time and non-lesson time. Whilst this is challenging for you, these are important life skills which you will need later on. Things do get easier as you get into a routine with your remote learning.



Top Tips

Keep to your school timings closely

- ✓ Your live lessons and assignments should be available at the **same time as your timetabled lessons**.
- ✓ If your lessons are at the wrong time, email your teacher to tell them and only attend at the proper times. **Only** attend your lessons at the correct time.
- ✓ If your assignments take longer than the 75-minute lesson, stop and move on to your next lesson. You may choose to spend a bit of homework time finishing work off **but manage this carefully**.
- ✓ You may find that you finish your work before the start of the next lesson. Take the opportunity to stand up, stretch and take a walk around the house.

Use your breaks and lunchtimes away from your screen

- ✓ When you reach your break or lunchtime **STOP** working and physically move away from your device.
- ✓ Do not replace one screen with another.
- ✓ Go for a walk around your house/garden.
- ✓ Stretch.
- ✓ Listen to some music.
- ✓ When you are eating, do so away from your screen.

Plan your non-screen time

- ✓ Think about what you will do with your lunch break.
- ✓ Think about doing a workout during the first part of lunch and eat afterwards.
- ✓ There are some ideas for using your break time effectively below.
- ✓ Think about your **before school** routine – can you use this to exercise and wake yourself up?
- ✓ Think about your **after-school** routine – could you go for a walk/run/cycle/workout?
- ✓ Mix it up – actually plan this time to be varied so it stays interesting.



Keeping Active Ideas

Take a look online at some ideas for exercise. There are lots of activities happening which may take your fancy. There is also an opportunity here to try something new.



PE with Joe Wicks

Joe delivers a live PE session every Monday at 9am. These are then available on his YouTube channel for you to visit later when you have time or use several times in the week. Other online workout classes are available.

[Click on this link](#) or search for **The Body Coach TV or Joe Wicks**



Yoga with Adriene

I know what you are thinking but Yoga is a good way to stretch and use all of your muscles. You will also improve your flexibility and feel much better. There is a free 30-day yoga plan available here. Other online yoga classes are available.

[Click on this link](#) or search for **Yoga with Adriene**



Couch to 5K

If you are out of practice with running and want to get fitter, there is a couch to 5K programme available for free. This is ideal for any level of experience so there are no excuses! The great thing about running is that you don't need any special kit to do it: just a pair of trainers.

[Click on this link](#) or search for **Couch to 5K**



Stress-Busting Relaxation Techniques

Article taken from <https://youngminds.org.uk/>

Pause – make time during the day to take breaks or pauses. Pausing throughout the day can prevent stress from building up.

- Stop what you are doing.
- Look out of the window.
- Let your shoulders drop.
- Stretch.
- Allow your mind to calm down.

If you find yourself in a stressful situation such as a difficult phone call, a crowded train journey home or a looming essay deadline, give yourself time afterwards to pause and calm down.

Deep breathing – Taking deep breaths after a stressful situation and concentrating on your breathing can have a calming effect and help you relax.

- Close your eyes.
- Take deep breaths in and out.
- Think of your favourite place, maybe somewhere that you go on holiday.
- Focus on the place and picture yourself there.
- What can you see? What can you smell? What can you feel?

Imagining being in your favourite place can take you away from your current stressful situation and help you relax and calm down. It can also help prevent stress levels gradually rising throughout the day.

Mindfulness – Be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges.

Mental Wellbeing – For more advice and ideas on mental wellbeing, have a look at the [NHS website here](#). There are a range of practical tips and advice that are useful to people of all ages, including learning new skills, keeping active.