



JOE WICKS AND ME

Resources you will need: Just yourselves and a timer if you want!

Gestures, signs and actions: PE, /STRONG HOME, PUSH, BIG, FAST, GOOD, bump, laughing, falling down

Sounds to make: Wow!, uh oh, oops!, Yay!

Feelings in the story: funny, trying hard

Make it your own: Change what furniture you move out of the way, what snack you eat together, what moves Joe Wicks is doing, what causes the relative to fall down, or include any accidental injuries that need looking after..

... indicates where the child can most easily join in

Next chapter: Successful moves with Joe Wicks; following other celebrities and what you did; dance party

Adaptations. For children who are not mobile, they can still enjoy being moved, or watching you carry out the actions. Include whatever actions they can manage.



Joe Wicks and me	<i>Sounds, words and vocalisations</i>	<i>Gestures, signs and body movements</i>	<i>A sound or word recorded on a big Mack</i>	<i>Showing a photo, either on a card or an iphone</i>	<i>Showing an object</i>
<p>We can't go to school/college... We have to stay... home.</p> <p>To keep... safe.</p>	Home safe	HOME NO SCHOOL			
<p>We need to keep fit!</p>	fit	STRONG	Keep fit		
<p>'We can keep fit with Joe Wicks on the internet'.</p> <p>Great idea!</p>	Joe Wicks		Joe Wicks	Picture of Joe Wicks	
<p>Oh dear, no room! We need to push the furniture back.</p> <p>We made a... big space.</p>	push	PUSH BIG			
<p>We put on the TV and there was ...Joe Wicks!...Wow</p>	Joe Wick Wow yay	Point to TV	Joe Wicks	Picture of Joe Wicks	



We have to copy Joe Wicks. Do just the same as him!	Joe	SAME			
So we did... kicks, stretches,...jumps + (for kids in wheelchairs do arm stretches and pumping or whatever physio is appropriate)	Say what you are doing	Copy the actions			
He was so... fast!	Phew!	QUICK			
But it was such... fun.	fun	Clap hands			
Then Joe Wicks said " One minute of squats!" (if child cannot do this they can time you, jump up and down or any other relevant action)		Show the action			Timer – hold timer and set it
Ready... steady... GO!	go	Gesture. Eg. Wait..go	go		
Phew! Keep going keep going keep going!					
Then suddenly...					
We bumped into each other and fell flat on the floor!!!!	bump	Act out, gently bumping			



SENSORY STORIES FOR SURVIVING LOCKDOWN

Joe Wicks and me

Oops!	Oops Uh oh		Oops!		
Are we OK?	Ok?	GOOD?			
Yes we're ok and it's so funny!... laughing and laughing.	funny				
Phew! After all that keep fit, I could feel my heart beating so fast and we were feeling really hot!	hot	Show heart beat HOT			heat pad for retelling with children who need this input
We'd done our best for Joe	best	GOOD			
And (relative name) said Let's have a snack! We sat down and ate a nice (whatever you like to eat)	snack	EAT		Picture of snack	
We've earned it!		GOOD	Too right!		