

# Keeping children active in lockdown 3

 Physical Education

 School Games Challenges and Sports Skills

 Fitness

 Brain Break (60 sec activity)

 Wellbeing Activities

## Monday

Work on your balance

**Ship Shape**

Single bounce is our first challenge with 'Dan the Skipping Man'

**Challenges for KS1 and KS2**

Join Joe Wickes at 9am for a 20 minute workout

**Joe Wickes**

Your 60 second challenge

**Step Ups**

Take Notice

**Imagination Stations**

## Tuesday

Improve your accuracy

**Throwing for Accuracy**

Feel part of a club with the Youth Sport Trust! (5pm)

**YST After School Club**

Can you run as fast as Buzz Lightyear

**Buzz's Space Run**

Your 60 second challenge

**Fast Feet**

Be Active

**60 minutes**

## Wednesday

Can you move in time to the beat?

**Move to the Beat**

Have you tried our school games rugby challenges?

**SG Rugby Competition**

Join Joe Wickes at 9am for a 20 minute workout

**Joe Wickes**

Your 60 second challenge

**Climb the Mountain**

Keep Learning

**Sporting Heroes**

## Thursday

Develop flexibility, coordination and balance

**Horizontal Climbing**

Feel part of a club with the Youth Sport Trust! (5pm)

**YST After School Club**

A yoga adventure inspired by Trolls!

**Trolls**

Your 60 second challenge

**Squat Jumps**

Give

**Kindness Rocks**

## Friday

Can you work hard and increase your heart rate?

**Healthy Hearts**

A fun game, chasing that balloon!

**Crazy Balloon Race**

Join Joe Wickes at 9am for a 20 minute workout

**Joe Wickes**

Your 60 second challenge

**Figure of 8**

Connect

**'Thinking of you'**

Don't forget the #StrideOut alphabet challenge! Make the most of your time outside & take notice of what is around you. We will be going through the alphabet & each day want you to spot all the things beginning with that letter! You can also [download our alphabet sheet](#) – draw, write or take a photo of everything you have seen!

