

Keeping children active in lockdown 6

 Physical Education

 School Games Challenges and Sports Skills

 Fitness

 Brain Break (60 sec activity)

 Wellbeing Activities

Monday

Improve your jumping and coordination

Jumping in Combination

Can you do each of our challenges again and see if you can improve your score?

Challenges for KS1 and KS2

Join Joe Wickes at 9am for a 20 minute workout

Joe Wickes

Your 60 second challenge

Obstacle Course

Take Notice

Hands and Feet

Tuesday

Improve your aim!

In the Box

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

YST After School Club

Can you improve your fitness with this circuit?

Healthy Hearts

Your 60 second challenge

Super Slalom Run

Be Active

New Sports

Wednesday

Creative Movement and improvisation

Creative Movement

Do you have some free style skills?!

Free Style Challenge

Join Joe Wickes at 9am for a 20 minute workout

Joe Wickes

Your 60 second challenge

Plank Challenge

Keep Learning

New Tastes

Thursday

Challenge yourself to hit all of the targets

Three in a Row

Practice your overarm throwing

Fairground

A yoga adventure inspired by Minecraft

Minecraft

Your 60 second challenge

Tuck In, Tuck Out

Give

Treasure Hunt

Friday

Will you be the King of the Cones?!

King of Cones

How quickly can you get going?

Quick Start

Join Joe Wickes at 9am for a 20 minute workout

Joe Wickes

Your 60 second challenge

Bunny Jumps

Connect

Table-time Thankfulness

This half term we are setting you a weekly #StrideOut outdoor challenge!
The first challenge is XXXXXXXXX

