

Keeping children active in lockdown 7

 Physical Education

 School Games Challenges and Sports Skills

 Fitness

 Brain Break (60 sec activity)

 Wellbeing Activities

Monday

Work on your coordination
Coordination with ball skills

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
Tuck in, Tuck Out

Take Notice
Seaside in a Jar

Tuesday

Test your tactics as well as your fitness!
Connect 4

Try this activity to help with your throwing aim
Feed the Animals

Can you spring like a kangaroo?!
Kangaroo Jumps

Your 60 second challenge
Step up challenge

Be Active
Hot and Cold

Wednesday

What different ways can you move?
Footwork Patterns

Join the Chance to Shine team at 2pm for a live cricket session (45 mins)
Chance to Shine

Join Joe Wickes at 9am for a 20 minute workout
Joe Wickes

Your 60 second challenge
Speed Bounce

Be Creative
Draw with Rob

Thursday

Get creative and create your own orienteering course!
Jigsaw and Arrows

We have all heard of monopoly...why not try the active version!!
Sportopoly

A yoga adventure inspired by Frozen
Frozen

Your 60 second challenge
Climb the Mountain

Give
Keeping Clean

Friday

Improve your strength and balance
Rock and Roll Gym

Practice your throwing and catching skills
Push it, Bounce it

Join Joe Wickes at 9am for a 20 minute workout
Joe Wickes

Your 60 second challenge
Air Balloon Challenge

Connect
Games time

This half term we are setting you a weekly #StrideOut outdoor challenge!
For our second challenge, what wildlife can you spot while you are out and about? Every area has different wildlife, whether you are in the city or in the countryside. Count up the different things that you have seen.

