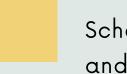
Keeping children active in lockdown 7





Physical Education



School Games Challenges and Sports Skills



Fitness



Brain Break (60 sec activity)



Wellbeing Activities

<u>Monday</u>

Work on your coordination

<u>Coordination with ball</u> <u>skills</u>

Can you do each of our challenges agin 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

<u>Tuck in, Tuck Out</u>

Take Notice

<u>Seaside in a Jar</u>

<u>Tuesday</u>

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

<u>Wednesday</u>

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

<u>Speed Bounce</u>

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

<u>Climb the Mountain</u>

Give

<u>Keeping Clean</u>

<u>Friday</u>

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.

