

Keeping children active in lockdown 1



Physical Education

School Games Challenge

Fitness

Brain Break (60 sec activity)

Sport Skills & Games

Monday

Improve and learn new ways to jump

Jumping Dice!

Introduction to our Skipping Challenge with 'Dan the Skipping Man'

Practice for challenges

Join Joe Wickes at 9am for a 20 minute workout

Joe Wickes

Your 60 second challenge

Tuck in Tuck Out

Tuesday

Improve hand-eye coordination with this game!

Space Monsters!

Improve coordination and balance - can you improve your personal best?

Line Bounce

Dance along with the little mermaid!

Under the Sea

Your 60 second challenge

Air Balloon

Wednesday

Be creative and develop your movement skills

Animal Moves

Why not start making up your school games dance routine

SG Dance Competition

Join Joe Wickes at 9am for a 20 minute workout

Joe Wickes

Your 60 second challenge

The Plank

Thursday

Improve your flexibility with these activities

Feeling Flexible

Improve fine motor skills with this challenging game!

Ping Towel Pong!

A yoga adventure inspired by sonic the hedgehog!

Sonic the Hedgehog

Your 60 second challenge

Around the World

Friday

Develop your problem solving skills

Cross the River

Can you sing a whole song while hula hooping?

Music hula hoop challenge

Join Joe Wickes at 9am for a 20 minute workout

Joe Wickes

Your 60 second challenge

Clap and Catch

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!



#StayHomeStayActive