


Keeping children active in lockdown 2

 Physical Education

 School Games Challenges and Sports Skills

 Fitness

 Brain Break (60 sec activity)

 Wellbeing Activities

Monday

Develop coordination, agility and accuracy

Coordination

Practice your skipping with 'Dan the Skipping Man'

Practice for challenges

Join Joe Wickes at 9am for a 20 minute workout

Joe Wickes

Your 60 second challenge
Bean Bag Throw Challenge

Take Notice
Wellbeing Box

Tuesday

Develop throwing skills and accuracy

Target Treasure

Can you hit targets as quick as Go Go?

Big Hero 6 Disc Throw

Jon England Athletics to improve fitness levels

There and Back

Your 60 second challenge
Tap up Tennis Challenge

Be Active
#StrideOut

Wednesday

Develop agility, balance and coordination

Footwork Patterns

How is your school games dance routine coming?

SG Dance Competition

Join Joe Wickes at 9am for a 20 minute workout

Joe Wickes

Your 60 second challenge
Bunny Jump Challenge

Keep Learning
Try Something New

Thursday

Develop problem solving and different ways of moving

Save the Treasure

Can you get more snowballs in the others teams space?

Snowball Challenge

A yoga adventure inspired by Harry Potter!

Harry Potter

Your 60 second challenge
Super Slalom Run Challenge

Give
Say Thank You

Friday

Develop agility and balance through jumping

Lily Pad Jump

Challenge your catching and coordination skills!

Ball to wall challenge

Join Joe Wickes at 9am for a 20 minute workout

Joe Wickes

Your 60 second challenge
Burpee Challenge

Connect
Keep in Touch

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!

