

Keeping children active in lockdown 4

 Physical Education

 School Games Challenges and Sports Skills

 Fitness

 Brain Break (60 sec activity)

 Wellbeing Activities

Monday

Develop reactions and hand-eye coordination

Reaction Wall

Running skip is our second challenge with 'Dan the Skipping Man'

Challenges for KS1 and KS2

Join Joe Wickes at 9am for a 20 minute workout

Joe Wickes

Your 60 second challenge

Hopscotch in a hurry

Be creative

Lockdown Life

Tuesday

Developing speed and agility

Obstacle Course

Last chance to perfect your dance routine and send to school

SG Dance Competition

Can you pass this Zootropolis training test?!

Judys Hopps Training Test

Your 60 second challenge

Hunt the Hats

Be Active

Dancing Shoes

Wednesday

Developing agility

Sock Wars

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

Step in, Step out

Keep Learning

Quiz Time!

Thursday

Improve your speed and reaction times

Colour Combination

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

YST After School Club

A yoga adventure inspired by Pokemon

Pokemon

Your 60 second challenge

Wall Ball

Give

Help round the house

Friday

Improve your hand-eye coordination

Striking for Distance

Practice jumping for height, with control and balance

I can jump higher than...

Join Joe Wickes at 9am for a 20 minute workout

Joe Wickes

Your 60 second challenge

Zig Zag Relay

Connect

Good Friends

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!

