



# Keeping children active in lockdown 5

 Physical Education

 School Games Challenges and Sports Skills

 Fitness

 Brain Break (60 sec activity)

 Wellbeing Activities

## Monday

Try different methods of catching

**Catching**

Double bounce is our third 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

**Tap Up Tennis**

Be Creative

**Be Colourful**

## Tuesday

Improve your throwing and accuracy

**Rolling Penalties**

Last chance to perfect your rugby skills!

**SG Rugby Competition**

How many times can you do all of the exercises?

**Super Strength**

Your 60 second challenge

**Zig Zag Relay**

Be Active

**Cathedral Challenge**

## Wednesday

Focus on agility, balance and coordination

**Treasure Chest**

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**

Keep Learning

**Fact Finding**

## Thursday

What body parts can you balance on?

**Balance Time**

How many times can you throw and catch?

**Too hot to handle**

A yoga adventure inspired by Moana

**Moana**

Your 60 second challenge

**Fast Feet**

Give

**Have a clear out**

## Friday

Improve your agility and balance

**5 to 1 Challenge**

Practice different throwing actions

**Throw Golf**

Join Joe Wickes at 9am for a 20 minute workout

**Joe Wickes**

Your 60 second challenge

**Step Ups**

Connect

**Send a letter**

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!

