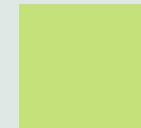


# Keeping children active in lockdown 6



Physical Education



School Games Challenges  
and Sports Skills



Fitness



Brain Break (60 sec activity)



Wellbeing Activities

## Monday

Improve your jumping and  
coordination

**Jumping in Combination**

Can you do each of our  
challenges again 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

**Obstacle Course**

Take Notice

**Hands and Feet**

## Tuesday

Improve your aim!

**In the Box**

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

**YST After School Club**

Can you improve your fitness  
with this circuit?

**Healthy Hearts**

Your 60 second challenge

**Super Slalom Run**

Be Active

**New Sports**

## Wednesday

Creative Movement and  
improvisation

**Creative Movement**

Do you have some free style  
skills?!

**Free Style Challenge**

Join Joe Wickes at 9am for a  
20 minute workout

**Joe Wickes**

Your 60 second challenge

**Plank Challenge**

Keep Learning

**New Tastes**

## Thursday

Challenge yourself to hit all  
of the targets

**Three in a Row**

Practice your overarm  
throwing

**Fairground**

A yoga adventure inspired by  
Minecraft

**Minecraft**

Your 60 second challenge

**Tuck In, Tuck Out**

Give

**Treasure Hunt**

## Friday

Will you be the King of the  
Cones?!

**King of Cones**

How quickly can you get  
going?

**Quick Start**

Join Joe Wickes at 9am for a  
20 minute workout

**Joe Wickes**

Your 60 second challenge

**Bunny Jumps**

Connect

**Table-time Thankfulness**

This half term we are setting you a weekly #StrideOut outdoor challenge!  
The first challenge is Natural Art'. Collect fallen leaves, petals and sticks and use them to make a picture or sculpture.  
\*Please make sure you don't pick wildflowers, however, as they are important for wildlife and some are protected by law.

