

Keeping children active in lockdown 7

 Physical Education

 School Games Challenges and Sports Skills

 Fitness

 Brain Break (60 sec activity)

 Wellbeing Activities

Monday

Work on your coordination

Coordination with ball skills

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

Tuck in, Tuck Out

Take Notice

Seaside in a Jar

Tuesday

Test your tactics as well as your fitness!

Connect 4

Try this activity to help with your throwing aim

Feed the Animals

Can you spring like a kangaroo?!

Kangaroo Jumps

Your 60 second challenge

Step up challenge

Be Active

Hot and Cold

Wednesday

What different ways can you move?

Footwork Patterns

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

Be Creative

Draw with Rob

Thursday

Get creative and create your own orienteering course!

Jigsaw and Arrows

We have all heard of monopoly...why not try the active version!!

Sportopoly

A yoga adventure inspired by Frozen

Frozen

Your 60 second challenge

Climb the Mountain

Give

Keeping Clean

Friday

Improve your strength and balance

Rock and Roll Gym

Practice your throwing and catching skills

Push it, Bounce it

Join Joe Wickes at 9am for a 20 minute workout

Joe Wickes

Your 60 second challenge

Air Balloon Challenge

Connect

Games time



This half term we are setting you a weekly #StrideOut outdoor challenge!
For our second challenge, what wildlife can you spot while you are out and about? Every area has different wildlife, whether you are in the city or in the countryside. Count up the different things that you have seen.

