



	Monday	Tuesday	Wednesday	Thursday	Friday
Activity idea 1	UK Active & Move Crew Monday Challenge	imoves- SportsJam Part A	England Athletics Bear Crawl Challenge	Imoves virtual mountain bike ride	England Athletics Agility Challenge
Activity idea(s) 2	The Daily Mile at home	Jo Wicks workout or The Daily Mile at home	Jo Wicks workout or The Daily Mile at home	Jo Wicks workout or The Daily Mile at home	Jo Wicks workout or The Daily Mile at home
Activity idea 3 (Well –Being)	Remember This	Leave 3 ‘happy notes’ for someone in your house to find	Youngminds – well being games	Create your own Yoga routine	Do 2 chores to help at home <u>without being asked</u>
Activity idea 4 (Physical skills)	Tuck –in /tuck- out 60 second Challenge	Figure of 8 - 60 second Challenge	This is PE - Five to One	This is PE – Reaction Wall	This is PE – Throwing Techniques
Activity idea 5 (Personal & Family Challenges)	Cross the River video	Family Active Bingo	Noughts and Crosses video	Keep on the Move video	Find the Rainbow