



	Monday	Tuesday	Wednesday	Thursday	Friday
Activity idea 1 (imoves & BBC Supermovers)	BBC Supermovers - Fit and Well KS1 BBC Supermovers – Teamwork - KS2	imoves KS1 Body Blast – Jump and wiggle	imoves-Fit Challenge – KS1 & KS2 Quick Blast	imoves disco 4-7 yrs imoves disco 7-11 yrs	Boogie Beebies KS1 Barnyard Boogie
Activity idea(s) 2	Joe Wicks - Daily workout or The Daily Mile at home	The Daily Mile at home	Joe Wicks - Daily workout or The Daily Mile at home	The Daily Mile at home	Joe Wicks - Daily workout or The Daily Mile at home
Activity idea 3 (Well –Being)	BBC Super Mood Movers – wellbeing KS2	BBC Super Mood Movers – Giving something back - KS2	BBC Supermovers Champions – Active Me KS2	Cosmic Kids Yoga -Moana Adventure KS1 & KS2	Action calendar – Use your personal strengths
Activity idea 4 (Physical skills)	Avoid the defenders KS1 & KS2 video	Climb the ladder KS1 & KS2 video	This is PE -Five to One	This is PE –Reaction Wall	Inside Out
Activity idea 5 (Personal & Family Challenges)	YST After School Sports Club – Core stability pre-recorded	YST After School Sports club - Live 5pm	Cosmic Kids Yoga – Squish the Fish KS1	YST After School Sports club - Live 5pm	Feeling Flexible video