



	Monday	Tuesday	Wednesday	Thursday	Friday
Activity idea 1 (moves & BBC Supermovers)	Zumba Kids – I Like to Move it	Move to the beat Video	Healthy Hearts Video	Sequence champions Video	Cosmic Kids Yoga Sonic the Hedgehog
Activity idea(s) 2 KS1 & KS2	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) KS1 & KS2	Cheerleading	Make your own cheerleading Pom Poms	Action Calendar Wednesday – ‘Act of of Kindness’	Remember this	Young Minds Well –being games
Activity idea 4 (Physical skills) KS1 & KS2	Fast Feet Challenge	Horizontal climbing	Connect 4	Hopscotch in a hurry	Air Balloon Challenge
Activity idea 5 (Personal & Family Challenges) KS1 & KS2	Devon Cricket Board Monday - Cricket Challenge	YST After School Sports club - Live 5pm	Circus Skills	YST After School Sports club - Live 5pm	Snakes and Ladders