



EAST DEVON SCHOOL GAMES PE AND PHYSICAL ACTIVITY AT HOME – KS1&2 WEEKLY GUIDE TO IDEAS

8/2/21



	Monday	Tuesday	Wednesday	Thursday	Friday
Activity idea 1 (Exercise to music) KS1 & KS2	<u>Dance to School</u>	<u>Wake and Shake</u> <u>Dance Monkey</u>	<u>Zumba Kids</u> <u>'Gangnam Style'</u>	<u>Wake and Shake</u> <u>'Pump it Up'</u>	<u>Zumba Kids</u> <u>Dance Break</u>
Activity idea(s) 2 KS1 & KS2	<u>Joe Wicks - Daily workout</u> or <u>The Daily Mile at home</u>	<u>The Daily Mile at home</u>	<u>Joe Wicks - Daily workout</u> or <u>The Daily Mile at home</u>	<u>The Daily Mile at home</u>	<u>Joe Wicks - Daily workout</u> or <u>The Daily Mile at home</u>
Activity idea 3 (Well –Being) KS1 & KS2	<u>Coin Toss Workout</u>	<u>YST After School Sports club - Live 5pm</u>	<u>Alphabet Walk</u>	<u>Travel to Tokyo Kindness Activity Sheet</u>	<u>The Grateful Game</u>
Activity idea 4 (Physical skills) KS1 & KS2	<u>Top Ten</u>	<u>Target Practice</u>	<u>Tokyo 10 Be Boulder</u>	<u>Juggling</u>	<u>Travel to Tokyo Kendama</u>
Activity idea 5 (Personal & Family Challenges) KS1 & KS2	<u>Devon Cricket Board Monday - Cricket Challenge</u>	<u>Try the Devon Virtual Spring Games Golf Challenge</u>	<u>Travel to Tokyo Duster Dodge video</u>	<u>YST After School Sports club - Live 5pm</u>	<u>Travel to Tokyo Handy hitter</u>