



 	Monday	Tuesday	Wednesday	Thursday	Friday
Activity idea 1 (Exercise to music) KS1 & KS2	<u>Zumba Kids Freeze dance (KS1)</u>	<u>Try – Pink Dance Dance to school (KS1)</u>	<u>BBC supermovers Change is Life</u>	<u>Premier Stars Chirpy’s 12 x table</u>	<u>Happy – Zumba Kids (KS2)</u>
Activity idea(s) 2 KS1 & KS2	<u>Joe Wicks - Daily workout or The Daily Mile at home</u>	<u>The Daily Mile at home</u>	<u>Joe Wicks - Daily workout or The Daily Mile at home</u>	<u>The Daily Mile at home</u>	<u>Joe Wicks - Daily workout or The Daily Mile at home</u>
Activity idea 3 (Well –Being) KS1 & KS2	<u>Cosmic Kids Yoga Spartz-24 RoboDog</u>	<u>YST After School Sports club - Live 5pm</u>	<u>Cosmic Kids Yoga Tommy the bedtime turtle (KS1)</u>	<u>imoves Healthy minds</u>	<u>Cosmic Kids Yoga Parsnip the Cat (KS1)</u>
Activity idea 4 (Physical skills) KS1 & KS2	<u>Rugby PE@Home KESSP KS1</u>	<u>Rugby PE@Home KESSP KS2</u>	<u>Chance 2 Shine Live cricket session 2pm</u>	<u>Healthy Movers at Home Live 10.30am -11am</u>	<u>Wall Ball – 60 second challenge</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>YST After School Sports club - Live 5pm</u>	Try the Devon Virtual Games skipping challenges <u>KS1 Bronze</u> <u>KS2 Bronze</u>