



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



	Monday	Tuesday	Wednesday	Thursday	Friday
Activity idea 1	Little Sports 12 minute kids workout	Little Sports 12 minute kids workout	Little Sports12 minute kids workout	Zumba Kids - I Like to Move it	Kids workout with Maurice
Activity idea(s) 2	Boogie Beebies or The Daily Mile at home	Boogie Beebies or The Daily Mile at home	Boogie Beebies or The Daily Mile at home	Boogie Beebies or The Daily Mile at home	Boogie Beebies or The Daily Mile at home
Activity idea 3 (Well –Being)	Yoga for kids	Yoga for kids	Yoga for kids	Yoga for kids	Yoga for kids
Activity idea 4 (Physical skills)	In the box	Physical Activity Bingo	60 sec challenge Record sheet	Basketball PE at Home	60 sec challenge Try 2 New 60 second challenges
Activity idea 5 (Personal & Family Challenges)	Climb the ladder	Golf Rolling Sock- ia	Race to 100	Battleships Battleships 2	Treasure Chest