



	Monday	Tuesday	Wednesday	Thursday	Friday
Activity idea 1 (imoves)	imoves – Active Blast Healthy Eating 4-7 yrs imoves – Active Blast Bones and Joints 7-11 yrs	Imoves – Dice challenge	imoves - Times table Dance	imoves disco 4-7 yrs imoves disco 7-11 yrs	Crazy balloon racing
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)	imoves Pilates – The Gruffalo 4-7 yrs Pumped up pilates 7-11 yrs	imoves - Calming Pilates	imoves - The Worry Monster 7+ years	Cosmic Kids Yoga	At a stretch
Activity idea 4 (Physical skills)	Throw Tennis	Catch Quest	Figure of 8 -60 sec challenge Record sheet	KS 1 or KS2 Gymnastics pe@home	The Plank 60 sec challenge
Activity idea 5 (Personal & Family Challenges)	Play fitness Monopoly	Missing Letter Challenge	3 in a Row	Bowling & Skittles challenge	Continuous Battleships