



	Monday	Tuesday	Wednesday	Thursday	Friday
Activity idea 1	imoves Dice Challenge (see attached sheet)	imoves Popping Rhythm Challenge	UK Active and Move Crew- Release the Beast	UK Active and Move Crew – Take it all in	imoves Samba Carnival
Activity idea(s) 2	Jo Wicks workout or The Daily Mile at home	Jo Wicks workout or The Daily Mile at home	Jo Wicks workout or The Daily Mile at home	Jo Wicks workout or The Daily Mile at home	Jo Wicks workout or The Daily Mile at home
Activity idea 3 (Well –Being)	imoves Yoga Fit 1a	Moving to maths Addition and subtraction	imoves – Wellness Warrior 4 Eco Warriors	Be Active at home Colouring	7 minute work-out
Activity idea 4 (Physical skills)	Lily Pad Jump	Directions through dance	Space Monsters video	Complete the clock	Anna’s Frozen Game – C4L
Activity idea 5 (Personal & Family Challenges)	Sock Wars	Orienteering	Coordination with ball skills	Throw tennis video	Toy Story 4 - Find Forky – C4L