NATIONAL SCHOOL SPORTS WEEK - PHYSICAL ACTIVITY AT HOME & SCHOOL – KS 1 and KS2 22/6/20

	Monday	Tuesday	Wednesday	Thursday	Friday
Activity idea 1	UK Active 'Move Crew' – Shuffle snake	Choose 2 activities from 'Marathon Kids' –warm-ups	Imoves - Fit Challenge -Quick Blast	Jump the Stream	Get Set 4PE 6 in a row
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)	Times table Squats	Climb the Mountain	Imoves – Calming Pilates	Get Set 4PE Remember This	Tuck in Tuck out Challenge
Activity idea 4 (Physical skills)	Ball to wall challenge video	Brilliant Bowler C2S video	Around the World Challenge	Catch and Clap Challenge	Quick Start
Activity idea 5 (Personal & Family Challenges)	Nutty Squirrels video	Boccia-Sock-ia DVSG Challenge 5	Andy Murray – 100 shot rally DVSG challenge 6	Target Treasure	Physical Activity Bingo 1