



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Activity idea 1</b>	<a href="#"><u>imoves Active Blast – Combat</u></a>	<a href="#"><u>Space Adventure video</u></a>	<a href="#"><u>Super strength video</u></a>	<a href="#"><u>imoves - Samba Carnival</u></a>	<a href="#"><u>imoves chairobics</u></a>
<b>Activity idea(s) 2</b>	<a href="#"><u>Jo Wicks workout</u></a> or <a href="#"><u>The Daily Mile at home</u></a>	<a href="#"><u>Jo Wicks workout</u></a> or <a href="#"><u>The Daily Mile at home</u></a>	<a href="#"><u>Jo Wicks workout</u></a> or <a href="#"><u>The Daily Mile at home</u></a>	<a href="#"><u>Jo Wicks workout</u></a> or <a href="#"><u>The Daily Mile at home</u></a>	<a href="#"><u>Jo Wicks workout</u></a> or <a href="#"><u>The Daily Mile at home</u></a>
<b>Activity idea 3 (Well –Being)</b>	<a href="#"><u>Devon Virtual Games Cultural Challenge</u></a> This week is the last chance to enter	<a href="#"><u>Imoves Treasure Hunt &amp; Poetry</u></a>	<a href="#"><u>Rounders England design a bat competition</u></a>	<a href="#"><u>Yoga for Kids</u></a>	<a href="#"><u>At a stretch</u></a>
<b>Activity idea 4 (Physical skills)</b>	<a href="#"><u>Golf rolling</u></a>	<a href="#"><u>Super Striker C2S video</u></a>	<a href="#"><u>Rounders England Bowling Challenge</u></a>	<a href="#"><u>Climb the ladder</u></a>	<a href="#"><u>Rounders England Running Challenge</u></a>
<b>Activity idea 5 (Personal &amp; Family Challenges)</b>	<a href="#"><u>Handball from KESSP PE@Home</u></a>	<a href="#"><u>Boccia-Sock-ia DVSG Challenge 5</u></a>	<a href="#"><u>Andy Murray – 100 shot rally DVSG challenge 6</u></a>	<a href="#"><u>Crazy balloon racing</u></a>	<a href="#"><u>Mousetrap</u></a>