

EXETER & MID DEVON PHYSICAL ACTIVITY TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEKLY CHALLENGE	<p>CAN YOU COMPLETE 5 MR DOKU WORKOUTS FROM HOME THIS WEEK?</p> <p>https://www.youtube.com/channel/UCVEGb4bj6FV1B0ZmeOPeHlw</p>						
GOLD	MARATHON MONDAYS CAN YOU FIND 2 LAMPPOSTS AND WORK OUT HOW MANY TIMES YOU NEED TO RUN BETWEEN TO GET TO 5k?	TOR'S TUESDAY CAN YOU DO 20 OF THE FOLLOWING EXERCISES? SIT UPS: SQUATS: LEG RAISES: SHOULDER RAISES: HIGH KNEES	WILDERNESS WEDS HOW MANY DIFFERENT TYPES LEAVES CAN YOU FIND OUTSIDE?	TOUCHDOWN THURS HOW MANY DIFFERENT WAYS CAN YOU MOVE TO THE OTHER END OF YOUR GARDEN?	FRUITFUL FRIDAY CAN YOU TRY JUGGLING & DIFFERENT FRUITS? A NEW TRICK TO TEACH BACK AT SCHOOL	SUPER SKILLS SATURDAY CAN YOU LOOK ONLINE TO FIND A NEW SKILL WHICH YOU DIDN'T KNOW BEFORE? WHAT SKILLS WOULD YOU NEED TO BECOME A PROFESSIONAL SPORTS PERSON?	SUNDAY SPORTSCENE LEARN A NEW SKILL FROM A SPORT YOU DON'T USUALLY PLAY?
SILVER	MAZEY MONDAY CAN YOU CREATE A FAMILY OBSTACLE COURSE INDOORS AND OUT?	TURBO TUESDAY HOW FAST CAN YOU COMPLETE 1 LAP OF YOUR GARDEN OR CAN YOU GET BETWEEN 2 LAMPPOSTS?	WORKOUT WEDS CAN YOU FIND A WORKOUT ONLINE FOR THE FAMILY TO DO TOGETHER?	TASTEFUL THURSDAY HOW MANY EDIBLE TYPES OF BERRY CAN YOU FIND ON A WALK?	FLIPPIN FRIDAY USING A PLASTIC BOTTLE, CAN YOU FLIP AND LAND IT THE RIGHT WAY UP? WHAT ABOUT TO A HIGHER SURFACE?		
BRONZE	MONDAYS MINDFUL CAN YOU NAME THREE THINGS YOU ARE THANKFUL FOR?	TWINKLE TUESDAYS CAN YOU DO SOME DANCING TODAY? OTI MABUSE JUST DANCE YOUTUBE	WEDNESDAYS WHEELS BIKE/SCOOT/SKATE YOUR WAY FOR A FAMILY OUTING.	THERAPEUTIC THURS HOW MANY YOGA POSES CAN YOU DO?	FLYING FRIDAY HOW LONG CAN YOU RUN FOR WITHOUT STOPPING?		
HELPFUL ONLINE LINKS	DAILY PHYSICAL ACTIVITY. 60 MINUTES A DAY FOR ALL YOUNG PEOPLE INCREASES LIFE CHANCES. PREMIER EDUCATION - TREK 2 TOKYO	FAMOUS WORKOUTS BEST ONE - MR DOKU JOE WICKS OTI MABUSE	LESSON OPPORTUNITY BBC BITESIZE REAL PE ACTIVE LITERACY/ NUMERACY QUEST R MIGHTY MATHS TACTIV8 TT ROCKSTARS CLUEGO	SPORT LINKS FUNLETICS YOUTH SPORTS TRUST SPORT ENGLAND CHANGE4LIFE SCHOOL GAMES BRITISH CYCLING CRICKET JUST DANCE	GAMES UNO - CATCHING UNO - FITNESS LUDO CHATTERBOX SNAKES & LADDERS JUMANJI	COUNTY FOLLOWING TWITTER @SGDEVON1 @ACTIVEDEVON @YOUTHSCCHOOLGAMES @YOUTHSPORTTRUST @EXETERSGO @PLYMOUTHSSP @SH_WDSGO @EDEVONSCHOOLGA1 @SCHSPORTND @GAMESTORISAY	INSTAGRAM @SGDEVON1 @ACTIVE_DEVON @YOUTHSCCHOOLGAMES @YOUTHSPORTTRUST @STLUKESSGO @PLYMOUTH_SSP

