








North Somerset Schools Physical Education Association: example daily activity timetable

Time	Day	Monday	Tuesday	Wednesday	Thursday	Friday
09:00-10:00		Joe Wicks PE Workout: 20 mins	 'Shake up' 10 mins	Joe Wicks PE Workout: 30 mins	Family walk: 30 mins 'Elevate Challenge'	Joe Wicks PE Workout: 30 mins
10:00-11:00					 10 mins	
11:00-12:00		'Oti Mabuse' children's <u>dance</u> 20 mins	#gymnasticswithmax 30 mins			 'Shake up' 10 mins
12:00-13:00				 'Shake up' 10 mins	Personal Challenge 'Keepy-uppys' 10 minutes	
13:00-14:00			Funetics 'Jump the Stream' 10 mins			
14:00-15:00					Funetics Feed the Animals 10 mins	
15:00-16:00		Family walk: 20 mins 'Elevate Challenge'	 10 mins	Family walk: 20 mins 'Elevate Challenge'		Family walk: 20 mins 'Elevate Challenge'
<p>It is recommended that we try to be active for 60 minutes every day. This would normally be 30 minutes at home and 30 minutes at school. This is an example timetable and illustrates how you could fit your daily sixty minutes across the day. There are lots of possibilities and you can create your own timetable and select your own activities to fit with your own schedule. The most important things is to keep active and have fun!</p>						



North Somerset Schools Physical Education Association: create your own '60 minute' physical activity timetable

Time	Day	Monday	Tuesday	Wednesday	Thursday	Friday
09:00-10:00						
10:00-11:00						
11:00-12:00						
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