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|  | **MOVE IT**  **MONDAY** | **TIME 2 LEARN**  **TUESDAY** | **WELL-BEING WEDNESDAY** | **THOUGHTFUL**  **THURSDAY** | **FITNESS FUN**  **FRIDAY** |
| **Activity idea 1** | [PE with Joe](https://www.youtube.com/user/thebodycoach1)  [Little Sports 10 Minute Kids Work Out](https://www.youtube.com/watch?v=oc4QS2USKmk)  [Boogie Beebies](https://www.bbc.co.uk/programmes/b006mvsc) | [PE with Joe](https://www.youtube.com/user/thebodycoach1)  [Little Sports 10 Minute Kids Work Out](https://www.youtube.com/watch?v=oc4QS2USKmk)  [Boogie Beebies](https://www.bbc.co.uk/programmes/b006mvsc) | [PE with Joe](https://www.youtube.com/user/thebodycoach1)  [Little Sports 10 Minute Kids Work Out](https://www.youtube.com/watch?v=oc4QS2USKmk)  [Boogie Beebies](https://www.bbc.co.uk/programmes/b006mvsc) | [PE with Joe](https://www.youtube.com/user/thebodycoach1)  [Little Sports 10 Minute Kids Work Out](https://www.youtube.com/watch?v=oc4QS2USKmk)  [Boogie Beebies](https://www.bbc.co.uk/programmes/b006mvsc) | [PE with Joe](https://www.youtube.com/user/thebodycoach1)  [Little Sports 10 Minute Kids Work Out](https://www.youtube.com/watch?v=oc4QS2USKmk)  [Boogie Beebies](https://www.bbc.co.uk/programmes/b006mvsc) |
| **Activity idea 2** | **Youth Sport Trust / Complete PE**  [60 second Personal Challenge](https://www.youthsporttrust.org/60-second-physical-activity-challenges)s | [**Learn**](https://www.youtube.com/channel/UCPIqt656AFXK804I6VwzVGA)[**and**](https://www.youtube.com/channel/UCKJN7p1npGyVCOqJ0sgbzUg)[**Master**](https://www.youtube.com/watch?v=a0Db0qW1vX4)  [**a**](https://www.youtube.com/results?search_query=%23GymnasticsWithMax)[**new**](https://www.youtube.com/results?search_query=%23ThisIsPE)[**Skill**](https://twitter.com/AlexDansonHA)  (various links)  [Funetics skills](https://funetics.co.uk/for-parents/funetics-activity-videos/?utm_source+emailmarketing&utm_medium=email@utm_campaign=f_athletics_and_running_for_everyone_home_edition_28utm_content=2020-04-02) | **Youth Sport Trust / Complete PE**  [60 second Personal Challenge](https://www.youthsporttrust.org/60-second-physical-activity-challenges)s | **Relaxation**  [Cosmic Yoga](https://www.youtube.com/user/CosmicKidsYoga)  [Classroom Yoga](https://www.youtube.com/watch?v=Td6zFtZPkJ4) | **Youth Sport Trust / Complete PE**  [60 second Personal Challenge](https://www.youthsporttrust.org/60-second-physical-activity-challenges)s |
| **Activity idea 3** | **Design a Game**  Create your own fun activity or Your own  [Fitness](https://www.fitnessblender.com/) session | **PE Home Learning**  [YST / Complete PE](https://www.youthsporttrust.org/pe-home-learning)  [PE Umbrella](https://www.peumbrella.com/self-guided-progressions/)  [The Power of PE](https://twitter.com/PowerofPEuk)  [PE at Home](https://www.kessp.com/news/?pid=3&nid=1&storyid=23) | **Get Moving**  [5 a-day Fitness](https://www.youtube.com/user/5adayTV)  [I Moves](https://imoves.com/)  [Go Noodle](https://www.youtube.com/user/GoNoodleGames)  [BBC Supermovers](https://www.bbc.co.uk/teach/supermovers) | **Active Stories**  [Primary Steps in PE](https://twitter.com/primarystep) | **Active Games**  (to be posted each Friday) **or**  [20-minute beginner workout](https://www.youtube.com/watch?v=UItWltVZZmE)  [Soccercise](https://www.youtube.com/watch?v=Eq_LGTqlXgo&feature=youtu.be) |
| **Activity idea 4** | **Get Dancing**  [5 a-day Fitness](https://www.youtube.com/user/5adayTV)  [I Moves](https://imoves.com/)  [Dance to School](https://dancetoschool.com/)  [15-minute Cardio Dance](https://www.youtube.com/watch?v=Rj2IubFfEqY) | **Active Learning**  [Teach Active](https://www.teachactive.org/)  [Mighty Maths](https://mighty-maths-video-channel.webflow.io/) | **Relaxation**  [Cosmic Yoga](https://www.youtube.com/user/CosmicKidsYoga)  [Yoga for Teens](https://www.youtube.com/watch?v=7kgZnJqzNaU) | **Be Mindful Activity**  (to be posted each Thursday) | **PE at Home Games**  [Tokyo Tens](https://www.getset.co.uk/resources/travel-to-tokyo/tokyo-ten)  [Get Set 4 PE](https://twitter.com/GetSet4PE)  [The Power of PE](https://twitter.com/PowerofPEuk) |
| **Activity idea 5** | **Daily Exercise**  Go for a Walk, Jog, Run, Scoot, Cycle. | **Youth Sport Trust / Complete PE**  [Active Learning Activities](https://www.youthsporttrust.org/active-learning) | **Health & Wellbeing activities**  [Children’s Health Project](http://childrenshealthproject.com/free-resources/) | **Reflection**  **Brain Challenge**  [Inspire+](https://twitter.com/inspire_plus?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor) | **Daily Exercise**  Go for a Walk, Jog, Run, Scoot, Cycle |

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**@TraffordSSP #StayHomeStayActive**

GM SCHOOL GAMES: PE & PHYSICAL ACTIVITY AT HOME WEEKLY PLANNER