



	Monday	Tuesday	Wednesday	Thursday	Friday
Activity idea 1	Horizontal climbing	3 minute Challenge	Super Strength video	Try an online activity at Go Noodle	Fast <u>feet</u> – agility
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)	Practice Positivity	Feeling Flexible video	Wellness Wednesday Mindfulness	Create your own Yoga routine	At a stretch
Activity idea 4 (Physical skills)	Home windsurfing video	Plank Goalie	Agility Challenge	Outdoor & Adventurous Activities	Rock and roll gymnastics
Activity idea 5 (Personal & Family Challenges)	Right way Wrong way – The Race	Mousetrap	6 in a row	Alphabet Scavenger Hunt	Golf Rolling