



	Monday	Tuesday	Wednesday	Thursday	Friday
Activity idea 1	imoves – Active Blast 4-7 yrs imoves – Active Blast 7-11 yrs	imoves Virtual cycle ride	imoves Strong Minds activity	imoves disco 4-7 yrs imoves disco 7-11 yrs	Crazy balloon racing
Activity idea(s) 2	Boogie Beebies or The Daily Mile at home	Boogie Beebies or The Daily Mile at home	Boogie Beebies or The Daily Mile at home	Boogie Beebies or The Daily Mile at home	Boogie Beebies or The Daily Mile at home
Activity idea 3 (Well –Being)	imoves yoga 4-7 yrs Pumped up pilates 7-11 yrs	imoves Calming pilates	imoves Grumpy jar	Cosmic Kids Yoga	At a stretch
Activity idea 4 (Physical skills)	Throw Tennis	Catch Quest	Figure of 8 -60 sec challenge Record sheet	KS 1 or KS2 Gymnastics pe@home	The Plank 60 sec challenge
Activity idea 5 (Personal & Family Challenges)	Play fitness Monopoly	Missing Letter Challenge	3 in a Row	Bowling & Skittles challenge	Continuous Battleships