



ACTIVITY TIMETABLE IDEAS

Click on an activity icon to go to the link
Have fun !

DAY	AGE	FUN FITNESS ACTIVITY	CHALLENGE OR COMPETE	ACTIVE LEARNING OR WELLBEING
MOVE IT MONDAYS	AGE 5-11	After School Sport Club	Interactive Ludo	BBC Resource
	AGE 9-15	Fitness Jumanji Game	YST SECONDARY PE ACTIVITIES	SPORTS LEADERSHIP
CHOOSE IT TUESDAYS	AGE 5-11	YST 60 SECOND	LTA – Tennis at Home	YST ACTIVE LEARNING
	AGE 9-15	Choose a Workout	Cricket skills	BBC GET INSPIRED
WORK IT WEDNESDAYS	AGE 5-11	P.E. WITH JOE	MULTI SKILLS	BBC Get Active
	AGE 9-15	Couch to 5K	Cup Song Challenge	Teach Active Active Maths & English lessons
TEST IT THURSDAYS	AGE 5-11	Learn to Jump rope	10 Minute Shake Up games	Spelling Test Fitness!
	AGE 9-15	Work Out Games	EXTRA TIME TheFA	TEAM TALK TheFA
FREESTYLE IT FRIDAYS	AGE 5-11	Go Noodle Activities	YST FAMILY RESOURCES	Cosmic Kids Yoga Adventures
	AGE 9-15		Learn a Street dance UDOIT Dance 308 subscribers	Headspace Meditation