

GM SCHOOL GAMES #STAYHOMESTAYACTIVE



| | MOVEMENT MONDAY | TIME 2 LEARN TUESDAY | WELL-BEING WEDNESDAY | THOUGHTFUL THURSDAY | FITNESS FUN FRIDAY |
|-----------------|--|--|--|--|--|
| Activity idea 1 | PE with Joe or Little Sports 10 Minute Kids Work Out | PE with Joe or Little Sports 10 Minute Kids Work Out | PE with Joe or Little Sports 10 Minute Kids Work Out | PE with Joe or Little Sports 10 Minute Kids Work Out | PE with Joe or Little Sports 10 Minute Kids Work Out |
| Activity idea 2 | Youth Sport Trust / Complete PE Personal Challenge | Learn and Master a new Skill | Youth Sport Trust / Complete PE Personal Challenge | Cosmic Yoga | Youth Sport Trust / Complete PE Personal Challenge |
| Activity idea 3 | Free Play Create Your Own Fun Game | Youth Sport Trust / Complete PE Home Learning Activity | Get Dancing 5 a-day Fitness I Moves Go Noodle BBC Supermovers | Active Stories Primary Steps in PE | Active Games UNO, Monopoly Fitness Circuits (to be posted each Friday) |
| Activity idea 4 | Get Dancing 5 a-day Fitness I Moves Go Noodle BBC Supermovers | Active Learning Teach Active Mighty Maths Burn 2 Learn | Cosmic Yoga | Be Mindful Activity (to be posted each Thursday) | Get Set Tokyo Tens |
| Activity idea 5 | Daily Exercise Walk, Jog, Run, Scoot, Cycle | Youth Sport Trust / Complete PE Active Learning | Health Education Children Health Project | Reflection Brain Challenge Inspire+ | Daily Exercise Walk, Jog, Run, Scoot, Cycle |

