



Week 4

Fun activities for you to do as a family to keep active and healthy together during the lockdown!

Activities	Monday	Tuesday	Wednesday	Thursday	Friday
Activities to get the full family involved!	Hit it to Win it!	Blindfold Obstacle Course	7 minute Work Out	Crabs and Scorpions	Homebase 1,2,3
Weekly live online sessions	Joe Wicks 9am	EYFS Healthy Movers at Home 10.30am YST After School Club 5pm	Joe Wicks 9am	EYFS Healthy Movers at Home 10.30am YST After School Club 5pm	Joe Wicks 9am
60 Second challenges <i>Can you beat your personal best? Keep a record of your score using the activity tracking sheet</i>	Air Balloon	Around the World	Bean Bag Throw	Bunny Hop	Climb the Mountain
Other ideas	Change 4 Life Frozen 10 Minute Shake Ups	The Blue Egg game	We are going on a Bear Hunt (Yoga)	Obstacle Course	Throwing for accuracy