



Week 6

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!	Plane in Flight	Newspaper Dance	Complete the Clock	Fill It Up	Soaky Sponges
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>	Speed Bounce Challenge	Squat Jumps	Star Jumps	Super Slalom Run	Tap up Tennis Challenge
Other ideas	Change 4 Beauty and the Beast	Space Monsters	The Masked Singer- Yoga	Battleships Continuous Battleships	King of the Cones