



Week 3

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!	Bottle Skittles	Alphabet Walk	5 minute Challenge	Capture the Socks	Cross the Swamp
Weekly live online sessions	Joe Wicks 9am	YST After School Club	Joe Wicks 9am	YST After School Club	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>	Hopscotch in a Hurry	Step in Step out	Hunt the Hats	Wall Ball	Zig Zag Challenge
Other ideas	Change 4 Life Toy Story 10 Minute Shake Ups	BBC Supermovers	Premier League Primary Stars Train like a Footballer	Cheerleading	Coordination with ball skills