

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

Monday	Tuesday	Wednesday	Thursday	Friday
<a href="#"><u>Bottle Skittles</u></a>	<a href="#"><u>Alphabet Walk</u></a>	<a href="#"><u>5 minute Challenge</u></a>	<a href="#"><u>Capture the Socks</u></a>	<a href="#"><u>Cross the Swamp</u></a>
<a href="#"><u>Joe Wicks 9am</u></a>	<a href="#"><u>Just Dance- Frozen</u></a>	<a href="#"><u>Joe Wicks 9am</u></a>	<a href="#"><u>Skipping Challenges</u></a>  <a href="#"><u>KS1 Introduction</u></a>  <a href="#"><u>KS2 Introduction</u></a>  <a href="#">Click here</a> to access all skipping videos. Select the appropriate video for your child's age/ability, e.g. KS1 Single Bounce Bronze, KS2 Double Bounce Gold	<a href="#"><u>Joe Wicks 9am</u></a>