



	Monday	Tuesday	Wednesday	Thursday	Friday
Activity idea 1 (Exercise to music) KS1 & KS2	<u>Zumba Kids Dance Break</u>	<u>Wake and Shake Head and Heart</u>	<u>Go Noodle Trolls – Can’t stop the feeling</u>	<u>imoves Samba Carnival</u>	<u>UK Active ‘Move Crew’ – Stop at Nothing</u>
Activity idea(s) 2 KS1 & KS2	<u>Joe Wicks - Daily workout</u> or <u>The Daily Mile at home</u>	<u>The Daily Mile at home</u>	<u>Joe Wicks - Daily workout</u> or <u>The Daily Mile at home</u>	<u>The Daily Mile at home</u>	<u>Joe Wicks - Daily workout</u> or <u>The Daily Mile at home</u>
Activity idea 3 (Well –Being) KS1 & KS2	<u>Healthy Hearts</u>	<u>YST After School Sports club - Live 5pm</u>	<u>Cosmic Kids Yoga Harry Potter</u>	<u>Move to the beat extravaganza Video</u>	<u>Alphabet Walk</u>
Activity idea 4 (Physical skills) KS1 & KS2	<u>Footwork Frenzy</u>	<u>Rolling penalties Video</u>	<u>Balance time video</u>	<u>Long Jump World record attempt</u>	<u>UK Move Crew Solo Sessions</u>
Activity idea 5 (Personal & Family Challenges) KS1 & KS2	<u>Devon Cricket Board Monday - Cricket Challenge</u>	<u>Try the Devon Virtual Spring Games Golf Challenge</u>	<u>Inside Out</u>	<u>YST After School Sports club - Live 5pm</u>	<u>Try some of the #Devon Virtual Games Skipping Challenge</u>