

## WEEK BEGINNING 11 MAY

Here is a weekly planner with daily activities for children in each year group to try. For ease, siblings can generally follow the same programme.

Make sure you are in a safe space and properly warmed up before you start. Ensure you have an adult with you, have fun and keep moving.

Year 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>YOGA MONDAYS</b></p> <p><b>Cosmic kids yoga: The Wizard of Oz</b>  <a href="https://www.youtube.com/watch?v=j_3weVPH0-U">https://www.youtube.com/watch?v=j_3weVPH0-U</a></p>	<p><b>DEVELOP</b></p> <p>Learn to skip outdoors.</p> <p>How many skips can you do without stopping?</p> <p>If you can skip forwards, can you try to skip backwards</p>	<p><b>CREATE</b></p> <p>Design an obstacle course in your garden.</p> <p>Can you include something where you have to jump, run, change direction, throw at a target and collect something.</p> <ul style="list-style-type: none"> <li>• Time yourself.</li> <li>• Can you beat your time?</li> <li>• How can you make it harder?</li> </ul>	<p><b>CHALLENGE</b></p> <p>Line jump challenge.</p> <p>How many times can you do a 2 footed jump across a line in one minute?</p> <p>What is your best score?</p>	<p><b>WILD CARD FRIDAYS</b></p> <p><b>YouTube options:</b></p> <p><b>PE with Joe Wicks</b> is on daily at 9.00am.</p> <p><b>Dance class with Oti</b> is on daily at 11.30am</p> <p><b>Zumba workshop</b>  <a href="https://www.youtube.com/watch?v=568L97qXMXk">https://www.youtube.com/watch?v=568L97qXMXk</a></p> <p><b>Gym with Leon Taylor</b>  <a href="https://www.youtube.com/watch?v=sqB2xf3Sn4o">https://www.youtube.com/watch?v=sqB2xf3Sn4o</a></p>

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Year 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>YOGA MONDAYS</b></p> <p><b>Cosmic kids yoga: The Wizard of Oz</b>  <a href="https://www.youtube.com/watch?v=j_3weVPH0-U">https://www.youtube.com/watch?v=j_3weVPH0-U</a></p>	<p><b>DEVELOP</b></p> <p>Learn to skip outdoors.</p> <p>How many skips can you do without stopping?</p> <p>If you can skip forwards, can you try to skip backwards</p>	<p><b>CREATE</b></p> <p>Design an obstacle course in your garden.</p> <p>Can you include something where you have to jump, run, change direction, throw at a target and collect something.</p> <ul style="list-style-type: none"> <li>• Time yourself.</li> <li>• Can you beat your time?</li> <li>• How can you make it harder?</li> </ul>	<p><b>CHALLENGE</b></p> <p>Line jump challenge.</p> <p>How many times can you do a 2 footed jump across a line in one minute?</p> <p>What is your best score?</p>	<p><b>WILD CARD FRIDAYS</b></p> <p><b>YouTube options:</b></p> <p><b>PE with Joe Wicks</b> is on daily at 9.00am.</p> <p><b>Dance class with Oti</b> is on daily at 11.30am</p> <p><b>Zumba workshop</b>  <a href="https://www.youtube.com/watch?v=568L97qXMXk">https://www.youtube.com/watch?v=568L97qXMXk</a></p> <p><b>Gym with Leon Taylor</b>  <a href="https://www.youtube.com/watch?v=sqB2xf3Sn4o">https://www.youtube.com/watch?v=sqB2xf3Sn4o</a></p>

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Year 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Year 5	YOGA MONDAYS	COMMIT TO CORE TUESDAYS	WORKOUT WEDNESDAYS	BALL SKILLS AND COORDINATION THURSDAYS	WILD CARD FRIDAYS
	<p>Boho Beautiful  <a href="https://www.youtube.com/watch?v=YEETslOqmZs">https://www.youtube.com/watch?v=YEETslOqmZs</a></p>	<p>Workout activities from Mrs Hastings demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/4i1HNp-D8amE">https://youtu.be/4i1HNp-D8amE</a>  <b>to check you have the right technique for safe exercise.</b></p> <p>40 seconds on each station with 30 seconds rest between each</p> <ul style="list-style-type: none"> <li>• DISH HOLD</li> <li>• PLANK</li> <li>• SIDE PLANK HIP DIPS</li> <li>• LEG LOWER</li> <li>• BUTTERFLY KICKS</li> <li>• SEATED ROW</li> </ul> <p>Repeat x 3</p>	<p>Workout activities from Mrs Hastings demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/CrYp5V0B-hDk">https://youtu.be/CrYp5V0B-hDk</a>  <b>to check you have the right technique for safe exercise.</b></p> <p>30 seconds on each station with 60 seconds rest between each</p> <ul style="list-style-type: none"> <li>• RELEVÉ AND HOLD</li> <li>• CALF RAISES</li> <li>• PLIÉ</li> <li>• PLANK</li> <li>• TENDU</li> <li>• ÉCHAPPE</li> <li>• FULL PLIE HOLD</li> <li>• COUPÉ DÉVELOPPE</li> </ul> <p>Repeat x 3</p>	<p>Check out the video of Sasha Corbin, England netballer, using a crazy catch to improve her netball skills:  <a href="https://www.youtube.com/watch?v=ql2Czqn_-9w">https://www.youtube.com/watch?v=ql2Czqn_-9w</a></p> <p>If you have a crazy catch, have a go. If not can you use a wall to develop your skills based on the video?</p>	<p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9.00am.</p> <p>Dance class with Oti is on daily at 11.30am</p> <p>Zumba workshop  <a href="https://www.youtube.com/watch?v=S68L97qXMXk">https://www.youtube.com/watch?v=S68L97qXMXk</a></p> <p>Gym with Leon Taylor  <a href="https://www.youtube.com/watch?v=sqB2xf3Sn4o">https://www.youtube.com/watch?v=sqB2xf3Sn4o</a></p>

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Year 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>YOGA MONDAYS</b></p> <p>Boho Beautiful  <a href="https://www.youtube.com/watch?v=YEETslOqmZs">https://www.youtube.com/watch?v=YEETslOqmZs</a></p>	<p><b>COMMIT TO CORE TUESDAYS</b></p> <p>Workout activities from Mrs Hastings demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/4i1HNp-D8amE">https://youtu.be/4i1HNp-D8amE</a>  <b>to check you have the right technique for safe exercise.</b></p> <p>40 seconds on each station with 30 seconds rest between each</p> <ul style="list-style-type: none"> <li>• DISH HOLD</li> <li>• PLANK</li> <li>• SIDE PLANK HIP DIPS</li> <li>• LEG LOWER</li> <li>• BUTTERFLY KICKS</li> <li>• SEATED ROW</li> </ul> <p>Repeat x 3</p>	<p><b>WORKOUT WEDNESDAYS</b></p> <p>Workout activities from Mrs Hastings demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/CrYp5V0B-hDk">https://youtu.be/CrYp5V0B-hDk</a>  <b>to check you have the right technique for safe exercise.</b></p> <p>30 seconds on each station with 60 seconds rest between each</p> <ul style="list-style-type: none"> <li>• RELEVÉ AND HOLD</li> <li>• CALF RAISES</li> <li>• PLIÉ</li> <li>• PLANK</li> <li>• TENDU</li> <li>• ÉCHAPPE</li> <li>• FULL PLIE HOLD</li> <li>• COUPÉ DÉVELOPPE</li> </ul> <p>Repeat x 3</p>	<p><b>BALL SKILLS AND COORDINATION THURSDAYS</b></p> <p>Check out the video of Sasha Corbin, England netballer, using a crazy catch to improve her netball skills:  <a href="https://www.youtube.com/watch?v=ql2Czqn-9w">https://www.youtube.com/watch?v=ql2Czqn-9w</a></p> <p>If you have a crazy catch, have a go.</p> <p>If not, can you use a wall to develop your skills based on the video?</p>	<p><b>WILD CARD FRIDAYS</b></p> <p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9.00am.</p> <p>Dance class with Oti is on daily at 11.30am</p> <p>Zumba workshop  <a href="https://www.youtube.com/watch?v=S68L97qXMXk">https://www.youtube.com/watch?v=S68L97qXMXk</a></p> <p>Gym with Leon Taylor  <a href="https://www.youtube.com/watch?v=sqB2xf3Sn4o">https://www.youtube.com/watch?v=sqB2xf3Sn4o</a></p>

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Year 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>YOGA MONDAYS</b></p> <p>Boho Beautiful  <a href="https://www.youtube.com/watch?v=YEETslOqmZs">https://www.youtube.com/watch?v=YEETslOqmZs</a></p>	<p><b>COMMIT TO CORE TUESDAYS</b></p> <p>Workout activities from Mrs Hastings demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/4i1HNp-D8amE">https://youtu.be/4i1HNp-D8amE</a>  <b>to check you have the right technique for safe exercise.</b></p> <p>40 seconds on each station with 30 seconds rest between each</p> <ul style="list-style-type: none"> <li>• DISH HOLD</li> <li>• PLANK</li> <li>• SIDE PLANK HIP DIPS</li> <li>• LEG LOWER</li> <li>• BUTTERFLY KICKS</li> <li>• SEATED ROW</li> </ul> <p>Repeat x 4</p>	<p><b>WORKOUT WEDNESDAYS</b></p> <p>Workout activities from Mrs Hastings demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/CrYp5V0B-hDk">https://youtu.be/CrYp5V0B-hDk</a>  <b>to check you have the right technique for safe exercise.</b></p> <p>30 seconds on each station with 60 seconds rest between each</p> <ul style="list-style-type: none"> <li>• RELEVÉ AND HOLD</li> <li>• CALF RAISES</li> <li>• PLIÉ</li> <li>• PLANK</li> <li>• TENDU</li> <li>• ÉCHAPPE</li> <li>• FULL PLIE HOLD</li> <li>• COUPÉ DÉVELOPPE</li> </ul> <p>Repeat x 4</p>	<p><b>BALL SKILLS AND COORDINATION THURSDAYS</b></p> <p>Check out the video of Sasha Corbin, England netballer, using a crazy catch to improve her netball skills:  <a href="https://www.youtube.com/watch?v=ql2Czqn_-9w">https://www.youtube.com/watch?v=ql2Czqn_-9w</a></p> <p>If you have a crazy catch, have a go.</p> <p>If not, can you use a wall to develop your skills based on the video?</p>	<p><b>WILD CARD FRIDAYS</b></p> <p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9.00am.</p> <p>Dance class with Oti is on daily at 11.30am</p> <p>Zumba workshop  <a href="https://www.youtube.com/watch?v=S68L97qXMXk">https://www.youtube.com/watch?v=S68L97qXMXk</a></p> <p>Gym with Leon Taylor  <a href="https://www.youtube.com/watch?v=sqB2xf3Sn4o">https://www.youtube.com/watch?v=sqB2xf3Sn4o</a></p>

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Year 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>YOGA MONDAYS</b></p> <p>Boho Beautiful  <a href="https://www.youtube.com/watch?v=YEETslOqmZs">https://www.youtube.com/watch?v=YEETslOqmZs</a></p>	<p><b>COMMIT TO CORE TUESDAYS</b></p> <p>Workout activities from Mrs Hastings demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/4i1HNp-D8amE">https://youtu.be/4i1HNp-D8amE</a>  <b>to check you have the right technique for safe exercise.</b></p> <p>40 seconds on each station with 30 seconds rest between each</p> <ul style="list-style-type: none"> <li>• DISH HOLD</li> <li>• PLANK</li> <li>• SIDE PLANK HIP DIPS</li> <li>• LEG LOWER</li> <li>• BUTTERFLY KICKS</li> <li>• SEATED ROW</li> </ul> <p>Repeat x 4</p>	<p><b>WORKOUT WEDNESDAYS</b></p> <p>Workout activities from Mrs Hastings demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/CrYp5V0B-hDk">https://youtu.be/CrYp5V0B-hDk</a>  <b>to check you have the right technique for safe exercise.</b></p> <p>30 seconds on each station with 60 seconds rest between each</p> <ul style="list-style-type: none"> <li>• RELEVÉ AND HOLD</li> <li>• CALF RAISES</li> <li>• PLIÉ</li> <li>• PLANK</li> <li>• TENDU</li> <li>• ÉCHAPPE</li> <li>• FULL PLIE HOLD</li> <li>• COUPÉ DÉVELOPPE</li> </ul> <p>Repeat x 4</p>	<p><b>BALL SKILLS AND COORDINATION THURSDAYS</b></p> <p>Check out the video of Sasha Corbin, England netballer, using a crazy catch to improve her netball skills:  <a href="https://www.youtube.com/watch?v=ql2Czqn-9w">https://www.youtube.com/watch?v=ql2Czqn-9w</a></p> <p>If you have a crazy catch, have a go.</p> <p>If not, can you use a wall to develop your skills based on the video?</p>	<p><b>WILD CARD FRIDAYS</b></p> <p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9.00am.</p> <p>Dance class with Oti is on daily at 11.30am</p> <p>Zumba workshop  <a href="https://www.youtube.com/watch?v=S68L97qXMXk">https://www.youtube.com/watch?v=S68L97qXMXk</a></p> <p>Gym with Leon Taylor  <a href="https://www.youtube.com/watch?v=sqB2xf3Sn4o">https://www.youtube.com/watch?v=sqB2xf3Sn4o</a></p>

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Year 9	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>YOGA MONDAYS</b></p> <p>Boho Beautiful  <a href="https://www.youtube.com/watch?v=YEETslOqmZs">https://www.youtube.com/watch?v=YEETslOqmZs</a></p>	<p><b>COMMIT TO CORE TUESDAYS</b></p> <p>Workout activities from Mrs Hastings demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/4i1HNp-D8amE">https://youtu.be/4i1HNp-D8amE</a>  <b>to check you have the right technique for safe exercise.</b></p> <p>40 seconds on each station with 30 seconds rest between each</p> <ul style="list-style-type: none"> <li>• DISH HOLD</li> <li>• PLANK</li> <li>• SIDE PLANK HIP DIPS</li> <li>• LEG LOWER</li> <li>• BUTTERFLY KICKS</li> <li>• SEATED ROW</li> </ul> <p>Repeat x 5</p>	<p><b>WORKOUT WEDNESDAYS</b></p> <p>Workout activities from Mrs Hastings demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/CrYp5V0B-hDk">https://youtu.be/CrYp5V0B-hDk</a>  <b>to check you have the right technique for safe exercise.</b></p> <p>30 seconds on each station with 45 seconds rest between each</p> <ul style="list-style-type: none"> <li>• RELEVÉ AND HOLD</li> <li>• CALF RAISES</li> <li>• PLIÉ</li> <li>• PLANK</li> <li>• TENDU</li> <li>• ÉCHAPPE</li> <li>• FULL PLIE HOLD</li> <li>• COUPÉ DÉVELOPPE</li> </ul> <p>Repeat x 4</p>	<p><b>BALL SKILLS AND COORDINATION THURSDAYS</b></p> <p>Check out the video of Sasha Corbin, England netballer, using a crazy catch to improve her netball skills:  <a href="https://www.youtube.com/watch?v=ql2Czqn_-9w">https://www.youtube.com/watch?v=ql2Czqn_-9w</a></p> <p>If you have a crazy catch, have a go.</p> <p>If not, can you use a wall to develop your skills based on the video?</p>	<p><b>WILD CARD FRIDAYS</b></p> <p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9.00am.</p> <p>Dance class with Oti is on daily at 11.30am</p> <p>Zumba workshop  <a href="https://www.youtube.com/watch?v=S68L97qXMXk">https://www.youtube.com/watch?v=S68L97qXMXk</a></p> <p>Gym with Leon Taylor  <a href="https://www.youtube.com/watch?v=sqB2xf3Sn4o">https://www.youtube.com/watch?v=sqB2xf3Sn4o</a></p>

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	<p><b>YOGA MONDAYS</b></p> <p>Boho Beautiful  <a href="https://www.youtube.com/watch?v=YEETsIOqmZs">https://www.youtube.com/watch?v=YEETsIOqmZs</a></p>	<p><b>COMMIT TO CORE TUESDAYS</b></p> <p>Workout activities from Mrs Hastings demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/4i1HNp-D8amE">https://youtu.be/4i1HNp-D8amE</a>  <b>to check you have the right technique for safe exercise.</b></p> <p>40 seconds on each station with 30 seconds rest between each</p> <ul style="list-style-type: none"> <li>• DISH HOLD</li> <li>• PLANK</li> <li>• SIDE PLANK HIP DIPS</li> <li>• LEG LOWER</li> <li>• BUTTERFLY KICKS</li> <li>• SEATED ROW</li> </ul> <p>Repeat x 5</p>	<p><b>WORKOUT WEDNESDAYS</b></p> <p>Workout activities from Mrs Hastings demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/CrYp5V0B-hDk">https://youtu.be/CrYp5V0B-hDk</a>  <b>to check you have the right technique for safe exercise.</b></p> <p>30 seconds on each station with 45 seconds rest between each</p> <ul style="list-style-type: none"> <li>• RELEVÉ AND HOLD</li> <li>• CALF RAISES</li> <li>• PLIÉ</li> <li>• PLANK</li> <li>• TENDU</li> <li>• ÉCHAPPE</li> <li>• FULL PLIE HOLD</li> <li>• COUPÉ DÉVELOPPE</li> </ul> <p>Repeat x 4</p>	<p><b>BALL SKILLS AND COORDINATION THURSDAYS</b></p> <p>Check out the video of Sasha Corbin, England netballer, using a crazy catch to improve her netball skills:  <a href="https://www.youtube.com/watch?v=ql2Czqn-9w">https://www.youtube.com/watch?v=ql2Czqn-9w</a></p> <p>If you have a crazy catch, have a go.</p> <p>If not, can you use a wall to develop your skills based on the video?</p>	<p><b>WILD CARD FRIDAYS</b></p> <p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9.00am.</p> <p>Dance class with Oti is on daily at 11.30am</p> <p>Zumba workshop  <a href="https://www.youtube.com/watch?v=S68L97qXMXk">https://www.youtube.com/watch?v=S68L97qXMXk</a></p> <p>Gym with Leon Taylor  <a href="https://www.youtube.com/watch?v=sqB2xf3Sn4o">https://www.youtube.com/watch?v=sqB2xf3Sn4o</a></p>

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Year 11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Year 11	YOGA MONDAYS	COMMIT TO CORE TUESDAYS	WORKOUT WEDNESDAYS	BALL SKILLS AND COORDINATION THURSDAYS	WILD CARD FRIDAYS
	<p>Boho Beautiful  <a href="https://www.youtube.com/watch?v=YEETsIQmZs">https://www.youtube.com/watch?v=YEETsIQmZs</a></p>	<p>Workout activities from Mrs Hastings demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/4i1HNp-D8amE">https://youtu.be/4i1HNp-D8amE</a>  <b>to check you have the right technique for safe exercise.</b></p> <p>40 seconds on each station with 30 seconds rest between each</p> <ul style="list-style-type: none"> <li>• DISH HOLD</li> <li>• PLANK</li> <li>• SIDE PLANK HIP DIPS</li> <li>• LEG LOWER</li> <li>• BUTTERFLY KICKS</li> <li>• SEATED ROW</li> </ul> <p>Repeat x 6</p>	<p>Workout activities from Mrs Hastings demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/CrYp5V0B-hDk">https://youtu.be/CrYp5V0B-hDk</a>  <b>to check you have the right technique for safe exercise.</b></p> <p>30 seconds on each station with 30 seconds rest between each</p> <ul style="list-style-type: none"> <li>• RELEVÉ AND HOLD</li> <li>• CALF RAISES</li> <li>• PLIÉ</li> <li>• PLANK</li> <li>• TENDU</li> <li>• ÉCHAPPE</li> <li>• FULL PLIE HOLD</li> <li>• COUPÉ DÉVELOPPE</li> </ul> <p>Repeat x 4</p>	<p>Check out the video of Sasha Corbin, England netballer, using a crazy catch to improve her netball skills:  <a href="https://www.youtube.com/watch?v=ql2Czqn_-9w">https://www.youtube.com/watch?v=ql2Czqn_-9w</a></p> <p>If you have a crazy catch, have a go.</p> <p>If not, can you use a wall to develop your skills based on the video?</p>	<p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9.00am.</p> <p>Dance class with Oti is on daily at 11.30am</p> <p>Zumba workshop  <a href="https://www.youtube.com/watch?v=S68L97qXMXk">https://www.youtube.com/watch?v=S68L97qXMXk</a></p> <p>Gym with Leon Taylor  <a href="https://www.youtube.com/watch?v=sqB2xf3Sn4o">https://www.youtube.com/watch?v=sqB2xf3Sn4o</a></p>

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Make sure you are in a safe space and properly warmed up before you start. Ensure you have an adult with you, have fun and keep moving.

Year 12 & 13	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>YOGA MONDAYS</b></p> <p>Boho Beautiful  <a href="https://www.youtube.com/watch?v=YEETslOqmZs">https://www.youtube.com/watch?v=YEETslOqmZs</a></p>	<p><b>COMMIT TO CORE TUESDAYS</b></p> <p>Workout activities from Mrs Hastings demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/4i1HNp-D8amE">https://youtu.be/4i1HNp-D8amE</a>  <b>to check you have the right technique for safe exercise.</b></p> <p>40 seconds on each station with 30 seconds rest between each</p> <ul style="list-style-type: none"> <li>• DISH HOLD</li> <li>• PLANK</li> <li>• SIDE PLANK HIP DIPS</li> <li>• LEG LOWER</li> <li>• BUTTERFLY KICKS</li> <li>• SEATED ROW</li> </ul> <p>Repeat x 6</p>	<p><b>WORKOUT WEDNESDAYS</b></p> <p>Workout activities from Mrs Hastings demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/CrYp5V0B-hDk">https://youtu.be/CrYp5V0B-hDk</a>  <b>to check you have the right technique for safe exercise.</b></p> <p>30 seconds on each station with 30 seconds rest between each</p> <ul style="list-style-type: none"> <li>• RELEVÉ AND HOLD</li> <li>• CALF RAISES</li> <li>• PLIÉ</li> <li>• PLANK</li> <li>• TENDU</li> <li>• ÉCHAPPE</li> <li>• FULL PLIE HOLD</li> <li>• COUPÉ DÉVELOPPE</li> </ul> <p>Repeat x 4</p>	<p><b>BALL SKILLS AND COORDINATION THURSDAYS</b></p> <p>Check out the video of Sasha Corbin, England netballer, using a crazy catch to improve her netball skills:  <a href="https://www.youtube.com/watch?v=ql2Czqn-9w">https://www.youtube.com/watch?v=ql2Czqn-9w</a></p> <p>If you have a crazy catch, have a go.</p> <p>If not, can you use a wall to develop your skills based on the video?</p>	<p><b>WILD CARD FRIDAYS</b></p> <p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9.00am.</p> <p>Dance class with Oti is on daily at 11.30am</p> <p>Zumba workshop  <a href="https://www.youtube.com/watch?v=S68L97qXMXk">https://www.youtube.com/watch?v=S68L97qXMXk</a></p> <p>Gym with Leon Taylor  <a href="https://www.youtube.com/watch?v=sqB2xf3Sn4o">https://www.youtube.com/watch?v=sqB2xf3Sn4o</a></p>

# St Gabriel's

NEWBURY