

WEEK BEGINNING 22 JUNE

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>YOGA MONDAY</p> <p>Cosmic Kid Yoga: https://www.youtube.com/watch?v=YR1OxBk8BF4</p>	<p>COMMIT TO CORE TUESDAY</p> <p>Check out Mrs Brazendale's online workouts and join in at home.</p> <p>Click on the Commit to Core links below:</p> <ul style="list-style-type: none"> • Week 1 • Week 2 • Week 3 • Week 4 • Week 5 • Week 6 • Week 7 • Week 8 	<p>WORKOUT WEDNESDAY</p> <p>https://www.youtube.com/watch?v=lc1Ag9m7XQo</p> <p>Also check out Mrs Brazendale's online workouts and join in at home.</p> <p>Click on the Workout Wednesday links below:</p> <ul style="list-style-type: none"> • Week 1 • Week 2 • Week 3 • Week 4 • Week 5 • Week 6 • Week 7 • Week 8 	<p>CARDIO-VASCULAR THURSDAY</p> <p>Try and increase your time or distance taking part in an endurance based activity.</p> <p>This could be cycling, running, skipping, etc.</p> <p>https://www.youtube.com/watch?v=vVctfW2OCyQ</p>	<p>WILD CARD FRIDAY</p> <p>YouTube options:</p> <p>PE with Joe Wicks - select a workout on demand at: https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ</p> <p>Dance class with Oti is on daily at 11.30am.</p>

St Gabriel's

NEWBURY

WEEK BEGINNING 22 JUNE

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 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>YOGA MONDAY</p> <p>Cosmic Kid Yoga: https://www.youtube.com/watch?v=YR1OxBk8BF4</p>	<p>COMMIT TO CORE TUESDAY</p> <p>Check out Mrs Brazendale’s online workouts and join in at home</p> <p>Click on the Commit to Core links below:</p> <ul style="list-style-type: none"> • Week 1 • Week 2 • Week 3 • Week 4 • Week 5 • Week 6 • Week 7 • Week 8 	<p>WORKOUT WEDNESDAY</p> <p>https://www.youtube.com/watch?v=lc1Ag9m7XQo</p> <p>Check out Mrs Brazendale’s online workouts and join in at home.</p> <p>Click on the Workout Wednesday links below:</p> <ul style="list-style-type: none"> • Week 1 • Week 2 • Week 3 • Week 4 • Week 5 • Week 6 • Week 7 • Week 8 	<p>CARDIO-VASCULAR THURSDAY</p> <p>Try and increase your time or distance taking part in an endurance based activity.</p> <p>This could be cycling, running, skipping, etc.</p> <p>https://www.youtube.com/watch?v=vVctfW2OCyQ</p>	<p>WILD CARD FRIDAY</p> <p>YouTube options:</p> <p>PE with Joe Wicks - select a workout on demand at: https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ</p> <p>Dance class with Oti is on daily at 11.30am.</p>

WEEK BEGINNING 22 JUNE

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 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>YOGA MONDAY</p> <p>Boho Beautiful https://www.youtube.com/watch?v=1Benc0pfoFE</p>	<p>COMMIT TO CORE TUESDAY</p> <p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/YC0uQdLNIJc to check you have the right technique for safe exercise.</p> <p>40 seconds on each station with 30 seconds rest between each:</p> <ul style="list-style-type: none"> • DISH HOLD • PLANK • SIDE PLANK HIP DIPS • LEG LOWER • BUTTERFLY KICKS • SEATED ROW <p>Repeat x 3</p>	<p>WORKOUT WEDNESDAY</p> <p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/Wo46qdX8N2s to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 60 seconds rest between each:</p> <ul style="list-style-type: none"> • CALF RAISES • PLIÉ • PLANK • SIDE PLANK • ÉCHAPPÉ • FULL PLIÉ HOLD • HIP DIPS <p>Repeat x 3</p>	<p>CARDIO-VASCULAR THURSDAY</p> <p>Try and increase your time or distance taking part in an endurance based activity.</p> <p>This could be cycling, running, skipping, etc.</p> <p>https://www.youtube.com/watch?v=vVctfW2OCyQ</p>	<p>WILD CARD FRIDAY</p> <p>YouTube options:</p> <p>PE with Joe Wicks - select a workout on demand at: https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ</p> <p>Dance class with Oti is on daily at 11.30am.</p>

St Gabriel's

NEWBURY

WEEK BEGINNING 22 JUNE

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 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>YOGA MONDAY</p> <p>Boho Beautiful https://www.youtube.com/watch?v=1Benc0pfoFE</p>	<p>COMMIT TO CORE TUESDAY</p> <p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/YC0uQdLNLJc to check you have the right technique for safe exercise.</p> <p>40 seconds on each station with 30 seconds rest between each:</p> <ul style="list-style-type: none"> • DISH HOLD • PLANK • SIDE PLANK HIP DIPS • LEG LOWER • BUTTERFLY KICKS • SEATED ROW <p>Repeat x 3</p>	<p>WORKOUT WEDNESDAY</p> <p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/Wo46qdX8N2s to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 60 seconds rest between each:</p> <ul style="list-style-type: none"> • CALF RAISES • PLIÉ • PLANK • SIDE PLANK • ÉCHAPPÉ • FULL PLIÉ HOLD • HIP DIPS <p>Repeat x 3</p>	<p>CARDIO-VASCULAR THURSDAY</p> <p>Try and increase your time or distance taking part in an endurance based activity.</p> <p>This could be cycling, running, skipping, etc.</p> <p>https://www.youtube.com/watch?v=vVctfW2OCyQ</p>	<p>WILD CARD FRIDAY</p> <p>YouTube options:</p> <p>PE with Joe Wicks - select a workout on demand at: https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ</p> <p>Dance class with Oti is on daily at 11.30am.</p> <p>Hitt Workout https://www.youtube.com/watch?v=33NP3WKG8hg</p>

St Gabriel's

NEWBURY

WEEK BEGINNING 22 JUNE

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 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>YOGA MONDAY</p> <p>Boho Beautiful https://www.youtube.com/watch?v=1Benc0pfoFE</p>	<p>COMMIT TO CORE TUESDAY</p> <p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/YC0uQdLNLJc to check you have the right technique for safe exercise.</p> <p>40 seconds on each station with 30 seconds rest between each:</p> <ul style="list-style-type: none"> • DISH HOLD • PLANK • SIDE PLANK HIP DIPS • LEG LOWER • BUTTERFLY KICKS • SEATED ROW <p>Repeat x 3</p>	<p>WORKOUT WEDNESDAY</p> <p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/Wo46qdX8N2s to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 60 seconds rest between each:</p> <ul style="list-style-type: none"> • CALF RAISES • PLIÉ • PLANK • SIDE PLANK • ÉCHAPPÉ • FULL PLIÉ HOLD • HIP DIPS <p>Repeat x 3</p>	<p>CARDIO-VASCULAR THURSDAY</p> <p>Try and increase your time or distance taking part in an endurance based activity.</p> <p>This could be cycling, running, skipping, etc.</p> <p>https://www.youtube.com/watch?v=vVctfW2OCyQ</p>	<p>WILD CARD FRIDAY</p> <p>YouTube options:</p> <p>PE with Joe Wicks - select a workout on demand at: https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ</p> <p>Dance class with Oti is on daily at 11.30am.</p> <p>Hitt Workout https://www.youtube.com/watch?v=33NP3WKG8hg</p>

St Gabriel's

NEWBURY

WEEK BEGINNING 22 JUNE

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 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Year 8	YOGA MONDAY Boho Beautiful https://www.youtube.com/watch?v=1Benc0pfoFE	COMMIT TO CORE TUESDAY Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/YC0uQdLNIJc to check you have the right technique for safe exercise. 40 seconds on each station with 30 seconds rest between each: <ul style="list-style-type: none"> • DISH HOLD • PLANK • SIDE PLANK HIP DIPS • LEG LOWER • BUTTERFLY KICKS • SEATED ROW Repeat x 4	WORKOUT WEDNESDAY Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/Wo46qdX8N2s to check you have the right technique for safe exercise. 30 seconds on each station with 60 seconds rest between each: <ul style="list-style-type: none"> • CALF RAISES • PLIÉ • PLANK • SIDE PLANK • ÉCHAPPÉ • FULL PLIÉ HOLD • HIP DIPS Repeat x 4	CARDIO-VASCULAR THURSDAY Try and increase your time or distance taking part in an endurance based activity. This could be cycling, running, skipping, etc. https://www.youtube.com/watch?v=vVctfW2OCyQ	WILD CARD FRIDAY YouTube options: PE with Joe Wicks - select a workout on demand at: https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ Dance class with Oti is on daily at 11.30am. Hitt Workout https://www.youtube.com/watch?v=33NP3WKG8hg

WEEK BEGINNING 22 JUNE

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 9	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>YOGA MONDAY</p> <p>Boho Beautiful https://www.youtube.com/watch?v=1Benc0pfoFE</p>	<p>COMMIT TO CORE TUESDAY</p> <p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/YC0uQdLNUJc to check you have the right technique for safe exercise.</p> <p>40 seconds on each station with 30 seconds rest between each:</p> <ul style="list-style-type: none"> • DISH HOLD • PLANK • SIDE PLANK HIP DIPS • LEG LOWER • BUTTERFLY KICKS • SEATED ROW <p>Repeat x 5</p>	<p>WORKOUT WEDNESDAY</p> <p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/Wo46qdX8N2s to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 60 seconds rest between each:</p> <ul style="list-style-type: none"> • CALF RAISES • PLIÉ • PLANK • SIDE PLANK • ÉCHAPPÉ • FULL PLIÉ HOLD • HIP DIPS <p>Repeat x 4</p>	<p>CARDIO-VASCULAR THURSDAY</p> <p>Try and increase your time or distance taking part in an endurance based activity.</p> <p>This could be cycling, running, skipping, etc.</p> <p>https://www.youtube.com/watch?v=vVctfW2OCyQ</p>	<p>WILD CARD FRIDAY</p> <p>YouTube options:</p> <p>PE with Joe Wicks - select a workout on demand at: https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</p> <p>Dance class with Oti is on daily at 11.30am.</p> <p>Hitt Workout https://www.youtube.com/watch?v=33NP3WKG8hg</p>

St Gabriel's

NEWBURY

WEEK BEGINNING 22 JUNE

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 10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>YOGA MONDAY</p> <p>Boho Beautiful https://www.youtube.com/watch?v=1Benc0pfoFE</p>	<p>COMMIT TO CORE TUESDAY</p> <p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/YC0uQdLNLJc to check you have the right technique for safe exercise.</p> <p>40 seconds on each station with 30 seconds rest between each:</p> <ul style="list-style-type: none"> • DISH HOLD • PLANK • SIDE PLANK HIP DIPS • LEG LOWER • BUTTERFLY KICKS • SEATED ROW <p>Repeat x 5</p>	<p>WORKOUT WEDNESDAY</p> <p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/Wo46qdX8N2s to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 60 seconds rest between each:</p> <ul style="list-style-type: none"> • CALF RAISES • PLIÉ • PLANK • SIDE PLANK • ÉCHAPPÉ • FULL PLIÉ HOLD • HIP DIPS <p>Repeat x 4</p>	<p>CARDIO-VASCULAR THURSDAY</p> <p>Try and increase your time or distance taking part in an endurance based activity.</p> <p>This could be cycling, running, skipping, etc.</p> <p>https://www.youtube.com/watch?v=vVctfW2OCyQ</p>	<p>WILD CARD FRIDAY</p> <p>YouTube options:</p> <p>PE with Joe Wicks - select a workout on demand at: https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ</p> <p>Dance class with Oti is on daily at 11.30am.</p> <p>Hitt Workout https://www.youtube.com/watch?v=33NP3WKG8hg</p>

St Gabriel's

NEWBURY

WEEK BEGINNING 22 JUNE

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 11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Year 11	YOGA MONDAY	COMMIT TO CORE TUESDAY	WORKOUT WEDNESDAY	CARDIO-VASCULAR THURSDAY	WILD CARD FRIDAY
	<p>Boho Beautiful https://www.youtube.com/watch?v=1Benc0pfoFE</p>	<p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/YC0uQdLNUJc to check you have the right technique for safe exercise.</p> <p>40 seconds on each station with 30 seconds rest between each:</p> <ul style="list-style-type: none"> • DISH HOLD • PLANK • SIDE PLANK HIP DIPS • LEG LOWER • BUTTERFLY KICKS • SEATED ROW <p>Repeat x 5</p>	<p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/Wo46qdX8N2s to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 60 seconds rest between each:</p> <ul style="list-style-type: none"> • CALF RAISES • PLIÉ • PLANK • SIDE PLANK • ÉCHAPPÉ • FULL PLIÉ HOLD • HIP DIPS <p>Repeat x 4</p>	<p>Try and increase your time or distance taking part in an endurance based activity.</p> <p>This could be cycling, running, skipping, etc.</p> <p>https://www.youtube.com/watch?v=vVctfW2OCyQ</p>	<p>YouTube options:</p> <p>PE with Joe Wicks - select a workout on demand at: https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ</p> <p>Dance class with Oti is on daily at 11.30am.</p> <p>Hitt Workout https://www.youtube.com/watch?v=33NP3WKG8hg</p>

WEEK BEGINNING 22 JUNE

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 12 & 13	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>YOGA MONDAY</p> <p>Boho Beautiful https://www.youtube.com/watch?v=1Benc0pfoFE</p>	<p>COMMIT TO CORE TUESDAY</p> <p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/YC0uQdLNIJc to check you have the right technique for safe exercise.</p> <p>40 seconds on each station with 30 seconds rest between each:</p> <ul style="list-style-type: none"> • DISH HOLD • PLANK • SIDE PLANK HIP DIPS • LEG LOWER • BUTTERFLY KICKS • SEATED ROW <p>Repeat x 5</p>	<p>WORKOUT WEDNESDAY</p> <p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/Wo46qdX8N2s to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 60 seconds rest between each:</p> <ul style="list-style-type: none"> • CALF RAISES • PLIÉ • PLANK • SIDE PLANK • ÉCHAPPÉ • FULL PLIÉ HOLD • HIP DIPS <p>Repeat x 4</p>	<p>CARDIO-VASCULAR THURSDAY</p> <p>Try and increase your time or distance taking part in an endurance based activity.</p> <p>This could be cycling, running, skipping, etc.</p> <p>https://www.youtube.com/watch?v=vVctfW2OCyQ</p>	<p>WILD CARD FRIDAY</p> <p>YouTube options:</p> <p>PE with Joe Wicks - select a workout on demand at: https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ</p> <p>Dance class with Oti is on daily at 11.30am.</p> <p>Hitt Workout https://www.youtube.com/watch?v=33NP3WKG8hg</p>