

## WEEK BEGINNING 29 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><b>YOGA MONDAY</b></p> <p>Cosmic Kid Yoga Frozen Week:</p> <p><a href="https://www.youtube.com/watch?v=xlg052EKMtk">https://www.youtube.com/watch?v=xlg052EKMtk</a></p>	<p><b>COMMIT TO CORE TUESDAY</b></p> <p>Check out Mrs Brazendale's online workouts and join in at home. Click on the Commit to core links below:</p> <ul style="list-style-type: none"> <li>• <a href="#">Week 1</a></li> <li>• <a href="#">Week 2</a></li> <li>• <a href="#">Week 3</a></li> <li>• <a href="#">Week 4</a></li> <li>• <a href="#">Week 5</a></li> <li>• <a href="#">Week 6</a></li> <li>• <a href="#">Week 7</a></li> <li>• <a href="#">Week 8</a></li> <li>• <a href="#">Week 9</a></li> </ul>	<p><b>WORKOUT WEDNESDAY</b></p> <p>HITT Workout: <a href="https://www.youtube.com/watch?v=lc1Ag9m7XQo">https://www.youtube.com/watch?v=lc1Ag9m7XQo</a></p> <p>Check out Mrs Brazendale's online workouts and join in at home. Click on the Workout Wednesday links below:</p> <ul style="list-style-type: none"> <li>• <a href="#">Week 1</a></li> <li>• <a href="#">Week 2</a></li> <li>• <a href="#">Week 3</a></li> <li>• <a href="#">Week 4</a></li> <li>• <a href="#">Week 5</a></li> <li>• <a href="#">Week 6</a></li> <li>• <a href="#">Week 7</a></li> <li>• <a href="#">Week 8</a></li> <li>• <a href="#">Week 9</a></li> </ul>	<p><b>CARDIO-VASCULAR THURSDAY</b></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><a href="https://www.youtube.com/watch?v=vVctfW2OCyQ">https://www.youtube.com/watch?v=vVctfW2OCyQ</a></p>	<p><b>WILD CARD FRIDAY</b></p> <p>YouTube options:</p> <p><b>PE with Joe Wicks</b> - select a workout on demand at: <a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ</a></p> <p><b>Dance class with Oti</b> is on daily at 11.30am.</p>

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Year 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>YOGA MONDAY</b></p> <p><b>Cosmic Kid Yoga:</b>  <a href="https://www.youtube.com/watch?v=xlg052EKMtk">https://www.youtube.com/watch?v=xlg052EKMtk</a></p>	<p><b>COMMIT TO CORE TUESDAY</b></p> <p>Take part in the St Gabriel's Remote Sports Day.</p> <p>Check out Mrs Brazendale's online workouts and join in at home. Click on the Commit to core links below:</p> <ul style="list-style-type: none"> <li>• <a href="#">Week 1</a></li> <li>• <a href="#">Week 2</a></li> <li>• <a href="#">Week 3</a></li> <li>• <a href="#">Week 4</a></li> <li>• <a href="#">Week 5</a></li> <li>• <a href="#">Week 6</a></li> <li>• <a href="#">Week 7</a></li> <li>• <a href="#">Week 8</a></li> <li>• <a href="#">Week 9</a></li> </ul>	<p><b>WORKOUT WEDNESDAY</b></p> <p>HITT Workout:  <a href="https://www.youtube.com/watch?v=lc1Ag9m7XQo">https://www.youtube.com/watch?v=lc1Ag9m7XQo</a></p> <p>Check out Mrs Brazendale's online workouts and join in at home. Click on the Workout Wednesday links below:</p> <ul style="list-style-type: none"> <li>• <a href="#">Week 1</a></li> <li>• <a href="#">Week 2</a></li> <li>• <a href="#">Week 3</a></li> <li>• <a href="#">Week 4</a></li> <li>• <a href="#">Week 5</a></li> <li>• <a href="#">Week 6</a></li> <li>• <a href="#">Week 7</a></li> <li>• <a href="#">Week 8</a></li> <li>• <a href="#">Week 9</a></li> </ul>	<p><b>CARDIO-VASCULAR THURSDAY</b></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><a href="https://www.youtube.com/watch?v=vVctfW2OCyQ">https://www.youtube.com/watch?v=vVctfW2OCyQ</a></p>	<p><b>WILD CARD FRIDAY</b></p> <p><b>YouTube options:</b></p> <p><b>PE with Joe Wicks</b> - select a workout on demand at:  <a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ</a></p> <p><b>Dance class with Oti</b> is on daily at 11.30am.</p>

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Year 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>YOGA MONDAY</b></p> <p>Boho Beautiful  <a href="https://www.youtube.com/watch?v=pL1RWA_Qavs">https://www.youtube.com/watch?v=pL1RWA_Qavs</a></p>	<p><b>COMMIT TO CORE TUESDAY</b></p> <p>Workout activities demonstrated by Mrs Brazendale            Watch her video on: <a href="https://youtu.be/JDwcrNktI9k">https://youtu.be/JDwcrNktI9k</a>            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"> <li>• CRUNCH</li> <li>• ELBOW TO KNEE</li> <li>• TOE TOUCH</li> <li>• SIT UP</li> <li>• RUSSIAN TWIST</li> <li>• BACK EXTENSION</li> </ul> <p>Repeat x 3</p>	<p><b>WORKOUT WEDNESDAY</b></p> <p>Workout activities demonstrated by Mrs Brazendale            Watch her video on: <a href="https://youtu.be/Jv30BqQX52g">https://youtu.be/Jv30BqQX52g</a>            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"> <li>• JUMP LUNGES</li> <li>• MOUNTAIN CLIMBERS</li> <li>• ARM CIRCLES</li> <li>• PLANK SHOULDER TAP</li> <li>• SKIP</li> <li>• SQUATS</li> <li>• FROG JUMP</li> <li>• BURPEES</li> </ul> <p>Repeat x 3</p>	<p><b>CARDIO-VASCULAR THURSDAY</b></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><a href="https://www.youtube.com/watch?v=vVctfW2OCyQ">https://www.youtube.com/watch?v=vVctfW2OCyQ</a></p>	<p><b>WILD CARD FRIDAY</b></p> <p>YouTube options:</p> <p><b>PE with Joe Wicks</b> - select a workout on demand at: <a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ</a></p> <p><b>Dance class with Oti</b> is on daily at 11.30am.</p>

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Year 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>YOGA MONDAY</b></p> <p><b>Boho Beautiful</b>  <a href="https://www.youtube.com/watch?v=pL1RWA_Qavs">https://www.youtube.com/watch?v=pL1RWA_Qavs</a></p>	<p><b>COMMIT TO CORE TUESDAY</b></p> <p><b>Workout activities demonstrated by Mrs Brazendale</b>            Watch her video on:  <a href="https://youtu.be/JDwcrNktI9k">https://youtu.be/JDwcrNktI9k</a>            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"> <li>• CRUNCH</li> <li>• ELBOW TO KNEE</li> <li>• TOE TOUCH</li> <li>• SIT UP</li> <li>• RUSSIAN TWIST</li> <li>• BACK EXTENSION</li> </ul> <p>Repeat x 3</p>	<p><b>WORKOUT WEDNESDAY</b></p> <p><b>Workout activities demonstrated by Mrs Brazendale</b>            Watch her video on:  <a href="https://youtu.be/Jv30BqQX52g">https://youtu.be/Jv30BqQX52g</a>            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"> <li>• JUMP LUNGES</li> <li>• MOUNTAIN CLIMBERS</li> <li>• ARM CIRCLES</li> <li>• PLANK SHOULDER TAP</li> <li>• SKIP</li> <li>• SQUATS</li> <li>• FROG JUMP</li> <li>• BURPEES</li> </ul> <p>Repeat x 3</p>	<p><b>CARDIO-VASCULAR THURSDAY</b></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><a href="https://www.youtube.com/watch?v=vVctfW20CyQ">https://www.youtube.com/watch?v=vVctfW20CyQ</a></p>	<p><b>WILD CARD FRIDAY</b></p> <p><b>YouTube options:</b></p> <p><b>PE with Joe Wicks</b> - select a workout on demand at:  <a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</a></p> <p><b>Dance class with Oti</b> is on daily at 11.30am.</p>

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Year 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>YOGA MONDAY</b></p> <p>Boho Beautiful  <a href="https://www.youtube.com/watch?v=pL1RWA_Qavs">https://www.youtube.com/watch?v=pL1RWA_Qavs</a></p>	<p><b>COMMIT TO CORE TUESDAY</b></p> <p>Workout activities demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/JDwcrNktI9k">https://youtu.be/JDwcrNktI9k</a>            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"> <li>• CRUNCH</li> <li>• ELBOW TO KNEE</li> <li>• TOE TOUCH</li> <li>• SIT UP</li> <li>• RUSSIAN TWIST</li> <li>• BACK EXTENSION</li> </ul> <p>Repeat x 3</p>	<p><b>WORKOUT WEDNESDAY</b></p> <p>Workout activities demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/Jv30BqQX52g">https://youtu.be/Jv30BqQX52g</a>            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"> <li>• JUMP LUNGES</li> <li>• MOUNTAIN CLIMBERS</li> <li>• ARM CIRCLES</li> <li>• PLANK SHOULDER TAP</li> <li>• SKIP</li> <li>• SQUATS</li> <li>• FROG JUMP</li> <li>• BURPEES</li> </ul> <p>Repeat x 3</p>	<p><b>CARDIO-VASCULAR THURSDAY</b></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><a href="https://www.youtube.com/watch?v=vVctfW20CyQ">https://www.youtube.com/watch?v=vVctfW20CyQ</a></p>	<p><b>WILD CARD FRIDAY</b></p> <p>YouTube options:</p> <p><b>PE with Joe Wicks</b> - select a workout on demand at:  <a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ</a></p> <p><b>Dance class with Oti</b> is on daily at 11.30am.</p>

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Year 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>YOGA MONDAY</b></p> <p>Boho Beautiful  <a href="https://www.youtube.com/watch?v=pL1RWA_Qavs">https://www.youtube.com/watch?v=pL1RWA_Qavs</a></p>	<p><b>COMMIT TO CORE TUESDAY</b></p> <p>Workout activities demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/JDwcrNktI9k">https://youtu.be/JDwcrNktI9k</a>            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"> <li>• CRUNCH</li> <li>• ELBOW TO KNEE</li> <li>• TOE TOUCH</li> <li>• SIT UP</li> <li>• RUSSIAN TWIST</li> <li>• BACK EXTENSION</li> </ul> <p>Repeat x 3</p>	<p><b>WORKOUT WEDNESDAY</b></p> <p>Workout activities demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/Jv30BqQX52g">https://youtu.be/Jv30BqQX52g</a>            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"> <li>• JUMP LUNGES</li> <li>• MOUNTAIN CLIMBERS</li> <li>• ARM CIRCLES</li> <li>• PLANK SHOULDER TAP</li> <li>• SKIP</li> <li>• SQUATS</li> <li>• FROG JUMP</li> <li>• BURPEES</li> </ul> <p>Repeat x 3</p>	<p><b>CARDIO-VASCULAR THURSDAY</b></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><a href="https://www.youtube.com/watch?v=vVctfW2OCyQ">https://www.youtube.com/watch?v=vVctfW2OCyQ</a></p>	<p><b>WILD CARD FRIDAY</b></p> <p>YouTube options:</p> <p><b>PE with Joe Wicks</b> - select a workout on demand at:  <a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</a></p> <p><b>Dance class with Oti</b> is on daily at 11.30am.</p>

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Year 9	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>YOGA MONDAY</b></p> <p><b>Boho Beautiful</b>  <a href="https://www.youtube.com/watch?v=pL1RWA_Qavs">https://www.youtube.com/watch?v=pL1RWA_Qavs</a></p>	<p><b>COMMIT TO CORE TUESDAY</b></p> <p><b>Workout activities demonstrated by Mrs Brazendale</b>            Watch her video on:  <a href="https://youtu.be/JDwcrNktI9k">https://youtu.be/JDwcrNktI9k</a>            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"> <li>• CRUNCH</li> <li>• ELBOW TO KNEE</li> <li>• TOE TOUCH</li> <li>• SIT UP</li> <li>• RUSSIAN TWIST</li> <li>• BACK EXTENSION</li> </ul> <p>Repeat x 3</p>	<p><b>WORKOUT WEDNESDAY</b></p> <p><b>Workout activities demonstrated by Mrs Brazendale</b>            Watch her video on:  <a href="https://youtu.be/Jv30BqQX52g">https://youtu.be/Jv30BqQX52g</a>            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"> <li>• JUMP LUNGES</li> <li>• MOUNTAIN CLIMBERS</li> <li>• ARM CIRCLES</li> <li>• PLANK SHOULDER TAP</li> <li>• SKIP</li> <li>• SQUATS</li> <li>• FROG JUMP</li> <li>• BURPEES</li> </ul> <p>Repeat x 4</p>	<p><b>CARDIO-VASCULAR THURSDAY</b></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><a href="https://www.youtube.com/watch?v=vVctfW2OCyQ">https://www.youtube.com/watch?v=vVctfW2OCyQ</a></p>	<p><b>WILD CARD FRIDAY</b></p> <p><b>YouTube options:</b></p> <p><b>PE with Joe Wicks</b> - select a workout on demand at:  <a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ</a></p> <p><b>Dance class with Oti</b> is on daily at 11.30am.</p>

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Year 10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>YOGA MONDAY</b></p> <p><b>Boho Beautiful</b>  <a href="https://www.youtube.com/watch?v=pL1RWA_Qavs">https://www.youtube.com/watch?v=pL1RWA_Qavs</a></p>	<p><b>COMMIT TO CORE TUESDAY</b></p> <p><b>Workout activities demonstrated by Mrs Brazendale</b>            Watch her video on: <a href="https://youtu.be/JDwcrNktI9k">https://youtu.be/JDwcrNktI9k</a> 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"> <li>• CRUNCH</li> <li>• ELBOW TO KNEE</li> <li>• TOE TOUCH</li> <li>• SIT UP</li> <li>• RUSSIAN TWIST</li> <li>• BACK EXTENSION</li> </ul> <p>Repeat x 5</p>	<p><b>WORKOUT WEDNESDAY</b></p> <p><b>Workout activities demonstrated by Mrs Brazendale</b>            Watch her video on: <a href="https://youtu.be/Jv30BqQX52g">https://youtu.be/Jv30BqQX52g</a> 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"> <li>• JUMP LUNGES</li> <li>• MOUNTAIN CLIMBERS</li> <li>• ARM CIRCLES</li> <li>• PLANK SHOULDER TAP</li> <li>• SKIP</li> <li>• SQUATS</li> <li>• FROG JUMP</li> <li>• BURPEES</li> </ul> <p>Repeat x 4</p>	<p><b>CARDIO-VASCULAR THURSDAY</b></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><a href="https://www.youtube.com/watch?v=vVctfW2OCyQ">https://www.youtube.com/watch?v=vVctfW2OCyQ</a></p>	<p><b>WILD CARD FRIDAY</b></p> <p><b>YouTube options:</b></p> <p><b>PE with Joe Wicks</b> - select a workout on demand at: <a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ</a></p> <p><b>Dance class with Oti</b> is on daily at 11.30am.</p>

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Year 11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>YOGA MONDAY</b></p> <p><b>Boho Beautiful</b>  <a href="https://www.youtube.com/watch?v=pL1RWA_Qavs">https://www.youtube.com/watch?v=pL1RWA_Qavs</a></p>	<p><b>COMMIT TO CORE TUESDAY</b></p> <p><b>Workout activities demonstrated by Mrs Brazendale</b>            Watch her video on:  <a href="https://youtu.be/JDwcrNktI9k">https://youtu.be/JDwcrNktI9k</a>            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"> <li>• CRUNCH</li> <li>• ELBOW TO KNEE</li> <li>• TOE TOUCH</li> <li>• SIT UP</li> <li>• RUSSIAN TWIST</li> <li>• BACK EXTENSION</li> </ul> <p>Repeat x 5</p>	<p><b>WORKOUT WEDNESDAY</b></p> <p><b>Workout activities demonstrated by Mrs Brazendale</b>            Watch her video on:  <a href="https://youtu.be/Jv30BqQX52g-">https://youtu.be/Jv30BqQX52g-</a>            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"> <li>• JUMP LUNGES</li> <li>• MOUNTAIN CLIMBERS</li> <li>• ARM CIRCLES</li> <li>• PLANK SHOULDER TAP</li> <li>• SKIP</li> <li>• SQUATS</li> <li>• FROG JUMP</li> <li>• BURPEES</li> </ul> <p>Repeat x 4</p>	<p><b>CARDIO-VASCULAR THURSDAY</b></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><a href="https://www.youtube.com/watch?v=vVctfW2OCyQ">https://www.youtube.com/watch?v=vVctfW2OCyQ</a></p>	<p><b>WILD CARD FRIDAY</b></p> <p><b>YouTube options:</b></p> <p><b>PE with Joe Wicks</b> - select a workout on demand at:  <a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ</a></p> <p><b>Dance class with Oti</b> is on daily at 11.30am.</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 MONDAY</b></p> <p><b>Boho Beautiful</b>  <a href="https://www.youtube.com/watch?v=pL1RWA_Qavs">https://www.youtube.com/watch?v=pL1RWA_Qavs</a></p>	<p><b>COMMIT TO CORE TUESDAY</b></p> <p>Workout activities demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/JDwcrNktI9k">https://youtu.be/JDwcrNktI9k</a>            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"> <li>• CRUNCH</li> <li>• ELBOW TO KNEE</li> <li>• TOE TOUCH</li> <li>• SIT UP</li> <li>• RUSSIAN TWIST</li> <li>• BACK EXTENSION</li> </ul> <p>Repeat x 5</p>	<p><b>WORKOUT WEDNESDAY</b></p> <p>Workout activities demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/Jv30BqQX52g">https://youtu.be/Jv30BqQX52g</a>            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"> <li>• JUMP LUNGES</li> <li>• MOUNTAIN CLIMBERS</li> <li>• ARM CIRCLES</li> <li>• PLANK SHOULDER TAP</li> <li>• SKIP</li> <li>• SQUATS</li> <li>• FROG JUMP</li> <li>• BURPEES</li> </ul> <p>Repeat x 4</p>	<p><b>CARDIO-VASCULAR THURSDAY</b></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><a href="https://www.youtube.com/watch?v=vVctfW20CyQ">https://www.youtube.com/watch?v=vVctfW20CyQ</a></p>	<p><b>WILD CARD FRIDAY</b></p> <p><b>YouTube options:</b></p> <p><b>PE with Joe Wicks</b> - select a workout on demand at:  <a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYiRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYiRfn6rYQ</a></p> <p><b>Dance class with Oti</b> is on daily at 11.30am.</p>

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