

WEEK BEGINNING 8 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=LZAaZD-VqCiA</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 	<p>WORKOUT WEDNESDAY</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 	<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://youtu.be/lNh7DP8jyCg</p>	<p>WILD CARD FRIDAY</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>

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Year 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>YOGA MONDAY</p> <p>Cosmic Kid Yoga: https://www.youtube.com/watch?v=LZAaZDVqCiA</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 	<p>WORKOUT WEDNESDAY</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 	<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://youtu.be/INh7DP-8jyCg</p>	<p>WILD CARD FRIDAY</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>

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Year 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>YOGA MONDAY</p> <p>Boho Beautiful https://www.youtube.com/watch?v=XD-d3ncxYcY</p>	<p>COMMIT TO CORE TUESDAY</p> <p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/7-fTwEHAbB4 to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 30 seconds rest between each:</p> <ul style="list-style-type: none"> • SIT UPS • PLANK • CRUNCH • RUSSIAN TWIST • TOE TO HAND TOUCH • DISH HOLD <p>Repeat x 3</p>	<p>WORKOUT WEDNESDAY</p> <p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/8NeSP1vYSyl 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"> • REVERSE LUNGE • WALL SIT • SIDE PLANK • SQUATS • STAR JUMPS • SKIP • BOX SET • FROG JUMPS <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://youtu.be/lNh7DP8jyCg</p>	<p>WILD CARD FRIDAY</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>Jump workout https://youtu.be/LWQxUoHtoVo</p>

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Year 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>YOGA MONDAY</p> <p>Boho Beautiful https://www.youtube.com/watch?v=XD-d3ncxYcY</p>	<p>COMMIT TO CORE TUESDAY</p> <p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/7-fTwEHAbB4 to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 30 seconds rest between each:</p> <ul style="list-style-type: none"> • SIT UPS • PLANK • CRUNCH • RUSSIAN TWIST • TOE TO HAND TOUCH • DISH HOLD <p>Repeat x 3</p>	<p>WORKOUT WEDNESDAY</p> <p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/8NeSP1vYSyl 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"> • REVERSE LUNGE • WALL SIT • SIDE PLANK • SQUATS • STAR JUMPS • SKIP • BOX SET • FROG JUMPS <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://youtu.be/lNh7DP8jyCg</p>	<p>WILD CARD FRIDAY</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>Jump workout https://youtu.be/LWQxUoHtoVo</p>

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Year 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>YOGA MONDAY</p> <p>Boho Beautiful https://www.youtube.com/watch?v=XD-d3ncxYcY</p>	<p>COMMIT TO CORE TUESDAY</p> <p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/7-fTwEHAbB4 to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 30 seconds rest between each:</p> <ul style="list-style-type: none"> • SIT UPS • PLANK • CRUNCH • RUSSIAN TWIST • TOE TO HAND TOUCH • DISH HOLD <p>Repeat x 3</p>	<p>WORKOUT WEDNESDAY</p> <p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/8NeSP1vYSyI 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"> • REVERSE LUNGE • WALL SIT • SIDE PLANK • SQUATS • STAR JUMPS • SKIP • BOX SET • FROG JUMPS <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://youtu.be/lNh7DP8jyCg</p>	<p>WILD CARD FRIDAY</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>Jump workout https://youtu.be/LWQxUoHtoVo</p>

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Year 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>YOGA MONDAY</p> <p>Boho Beautiful https://www.youtube.com/watch?v=XD-d3ncxYcY</p>	<p>COMMIT TO CORE TUESDAY</p> <p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/7-fTwEHAbB4 to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 30 seconds rest between each:</p> <ul style="list-style-type: none"> • SIT UPS • PLANK • CRUNCH • RUSSIAN TWIST • TOE TO HAND TOUCH • DISH HOLD <p>Repeat x 3</p>	<p>WORKOUT WEDNESDAY</p> <p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/8NeSP1vYSyl 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"> • REVERSE LUNGE • WALL SIT • SIDE PLANK • SQUATS • STAR JUMPS • SKIP • BOX SET • FROG JUMPS <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://youtu.be/INh7DP8jyCg</p>	<p>WILD CARD FRIDAY</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>Jump workout https://youtu.be/LWQx-UoHtoVo</p>

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Year 9	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>YOGA MONDAY</p> <p>Boho Beautiful https://www.youtube.com/watch?v=XD-d3ncxYcY</p>	<p>COMMIT TO CORE TUESDAY</p> <p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/7-fTwEHAbB4 to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 30 seconds rest between each:</p> <ul style="list-style-type: none"> • SIT UPS • PLANK • CRUNCH • RUSSIAN TWIST • TOE TO HAND TOUCH • DISH HOLD <p>Repeat x 5</p>	<p>WORKOUT WEDNESDAY</p> <p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/8NeSP1vYSyl 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"> • REVERSE LUNGE • WALL SIT • SIDE PLANK • SQUATS • STAR JUMPS • SKIP • BOX SET • FROG JUMPS <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://youtu.be/lNh7DP8jyCg</p>	<p>WILD CARD FRIDAY</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>Jump workout https://youtu.be/LWQxUoHtoVo</p>

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Year 10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>YOGA MONDAY</p> <p>Boho Beautiful https://www.youtube.com/watch?v=XD-d3ncxYcY</p>	<p>COMMIT TO CORE TUESDAY</p> <p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/7-fTwEHAbB4 to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 30 seconds rest between each:</p> <ul style="list-style-type: none"> • SIT UPS • PLANK • CRUNCH • RUSSIAN TWIST • TOE TO HAND TOUCH • DISH HOLD <p>Repeat x 5</p>	<p>WORKOUT WEDNESDAY</p> <p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/8NeSP1vYSyl 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"> • REVERSE LUNGE • WALL SIT • SIDE PLANK • SQUATS • STAR JUMPS • SKIP • BOX SET • FROG JUMPS <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://youtu.be/lNh7DP8jyCg</p>	<p>WILD CARD FRIDAY</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>Jump workout https://youtu.be/LWQxUoHtoVo</p>

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Year 11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>YOGA MONDAY</p> <p>Boho Beautiful https://www.youtube.com/watch?v=XD-d3ncx-YcY</p>	<p>COMMIT TO CORE TUESDAY</p> <p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/7-fTwEHAbB4 to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 30 seconds rest between each:</p> <ul style="list-style-type: none"> • SIT UPS • PLANK • CRUNCH • RUSSIAN TWIST • TOE TO HAND TOUCH • DISH HOLD <p>Repeat x 5</p>	<p>WORKOUT WEDNESDAY</p> <p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/8NeSP1vYSyl 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"> • REVERSE LUNGE • WALL SIT • SIDE PLANK • SQUATS • STAR JUMPS • SKIP • BOX SET • FROG JUMPS <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://youtu.be/INh7DP8jyCg</p>	<p>WILD CARD FRIDAY</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>Jump workout https://youtu.be/LWQxUoHtoVo</p>

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Year 12 & 13	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>YOGA MONDAY</p> <p>Boho Beautiful https://www.youtube.com/watch?v=XD-d3ncxYcY</p>	<p>COMMIT TO CORE TUESDAY</p> <p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/7-fTwEHAbB4 to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 30 seconds rest between each:</p> <ul style="list-style-type: none"> • SIT UPS • PLANK • CRUNCH • RUSSIAN TWIST • TOE TO HAND TOUCH • DISH HOLD <p>Repeat x 5</p>	<p>WORKOUT WEDNESDAY</p> <p>Workout activities demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/8NeSP1vYSyl 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"> • REVERSE LUNGE • WALL SIT • SIDE PLANK • SQUATS • STAR JUMPS • SKIP • BOX SET • FROG JUMPS <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://youtu.be/lNh7DP8jyCg</p>	<p>WILD CARD FRIDAY</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>Jump workout https://youtu.be/LWQxUoHtoVo</p>

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