

WEEK BEGINNING 21 APRIL

Here is a weekly planner with lots of 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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Year 3	<p>YOGA MONDAYS</p> <p>Cosmic kids yoga https://www.youtube.com/watch?v=coC0eUSm-pc</p>	<p>CATCHING</p> <p>Catching and throwing.</p> <ul style="list-style-type: none"> • Find a space to play catch. Try and work on your accuracy and technique. • Can you catch a ball against a wall? • Can you catch the ball from a family member? Try and do 30 x in a row. • Can you move further away? • Can you catch for a minute? 	<p>TARGET THROWING</p> <ul style="list-style-type: none"> • Find a target: Could be a wall, a bucket or whatever you have at home. • How many times can you hit the target? • Try to beat your score or challenge yourself by moving further away each time. • Find someone at home to practice your throws with: How accurate are you? How far apart can you go? 	<p>BATTING</p> <ul style="list-style-type: none"> • If you have a cricket bat or a tennis racket at home, practice sending the ball away by hitting it along the ground. • To practice further you could try to hit the ball to score on a target. • If you have someone you could play with take it in turns to be the bowler and the batter. You could make a cricket game between you and your family. 	<p>WILD CARD FRIDAYS</p> <p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9am.</p> <p>Dance class with Oti is on daily at 11.30am</p> <p>Ballet with Jeanette https://www.youtube.com/watch?v=xCFfb5ShFQ4</p>

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Year 4	<p>YOGA MONDAYS</p> <p>Cosmic kids yoga https://www.youtube.com/watch?v=coC0eUSm-pc</p>	<p>CATCHING</p> <p>Catching and throwing.</p> <ul style="list-style-type: none"> • Find a space to play catch. Try and work on your accuracy and technique. • Can you catch a ball against a wall? • Can you catch the ball from a family member? Try and do 30 x in a row. • Can you move further away? • Can you catch for a minute? 	<p>TARGET THROWING</p> <ul style="list-style-type: none"> • Find a target: Could be a wall, a bucket or whatever you have at home. • How many times can you hit the target? • Try to beat your score or challenge yourself by moving further away each time. • Find someone at home to practice your throws with: How accurate are you? How far apart can you go? 	<p>BATTING</p> <ul style="list-style-type: none"> • If you have a cricket bat or a tennis racket at home, practice sending the ball away by hitting it along the ground. • To practice further you could try to hit the ball to score on a target. • If you have someone you could play with take it in turns to be the bowler and the batter. You could make a cricket game between you and your family. 	<p>WILD CARD FRIDAYS</p> <p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9am.</p> <p>Dance class with Oti is on daily at 11.30am</p> <p>Ballet with Jeanette https://www.youtube.com/watch?v=xCFfb5ShFQ4</p>

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Year 5	<p>YOGA MONDAYS</p> <p>Boho Beautiful Morning Flow – Better Than The Gym - Stretch and Strength https://www.youtube.com/watch?v=oX6l6vs1EFs</p>	<p>COMMIT TO CORE TUESDAYS</p> <p>Workout activities from Mrs Brazendale Watch her video on https://youtu.be/DYtRveJuzq4 to check you have the right technique.</p> <p>30 SEC ON EACH STATION 30 SECOND REST BETWEEN EACH</p> <ul style="list-style-type: none"> • SEATED ROW • CRUNCH • ELBOW TO KNEE • TOE TOUCH • SIDE PLANK DIPS • BUTTERFLY KICKS <p>REPEAT X 3</p>	<p>WORK OUT WEDNESDAYS</p> <p>Workout activities from Mrs Brazendale Watch her video on https://youtu.be/1yx8Vb4gvpA to show you the right techniques to help you exercise safely.</p> <p>30 SEC ON EACH STATION 60 SECOND REST BETWEEN EACH</p> <ul style="list-style-type: none"> • ARM CIRCLES • ALTERNATE LUNGES • PRESS UPS • SQUATS • TRICEP DIPS • STAR JUMPS • BURPEES • FROG JUMPS <p>REPEAT X 3</p>	<p>BALL SKILLS AND COORDINATION THURSDAYS</p> <ul style="list-style-type: none"> • Find a space to play catch. Try and work on your accuracy and technique. • Can you catch a ball against a wall? • Can you catch the ball from a family member? Try and do 100 x in a row. • Can you move further away? • Can you catch for 3 minutes? 	<p>WILD CARD FRIDAYS</p> <p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9am.</p> <p>Dance class with Oti is on daily at 11.30am</p> <p>Ballet with Jeanette https://www.youtube.com/watch?v=xCFfb5ShFQ4</p> <p>Gym with Max Whitlock https://www.youtube.com/watch?v=UeXJBgkA7Ew</p>

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Year 6	<p>YOGA MONDAYS</p> <p>Boho Beautiful Morning Flow – Better Than The Gym - Stretch and Strength https://www.youtube.com/watch?v=oX6l6vs1EFs</p>	<p>COMMIT TO CORE TUESDAYS</p> <p>Workout activities from Mrs Brazendale Watch her video on https://youtu.be/DYtRveJuzq4 to check you have the right technique.</p> <p>30 SEC ON EACH STATION 30 SECOND REST BETWEEN EACH</p> <ul style="list-style-type: none"> • SEATED ROW • CRUNCH • ELBOW TO KNEE • TOE TOUCH • SIDE PLANK DIPS • BUTTERFLY KICKS <p>REPEAT X 3</p>	<p>WORK OUT WEDNESDAYS</p> <p>Workout activities from Mrs Brazendale Workout activities from Mrs Brazendale Watch her video on https://youtu.be/1yx8Vb4gvpA to show you the right techniques to help you exercise safely.</p> <p>30 SEC ON EACH STATION 60 SECOND REST BETWEEN EACH</p> <ul style="list-style-type: none"> • ARM CIRCLES • ALTERNATE LUNGES • PRESS UPS • SQUATS • TRICEP DIPS • STAR JUMPS • BURPEES • FROG JUMPS <p>REPEAT X 3</p>	<p>BALL SKILLS AND COORDINATION THURSDAYS</p> <ul style="list-style-type: none"> • Find a space to play catch. Try and work on your accuracy and technique. Can you catch a ball against a wall? • Can you catch the ball from a family member? Try and do 100 x in a row. • Can you move further away? • Can you catch for 3 minutes? 	<p>WILD CARD FRIDAYS</p> <p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9am.</p> <p>Dance class with Oti is on daily at 11.30am</p> <p>Ballet with Jeanette https://www.youtube.com/watch?v=xCFfb5ShFQ4</p> <p>Gym with Max Whitlock https://www.youtube.com/watch?v=UeXJBgkA7Ew</p>

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Year 7	<p>YOGA MONDAYS</p> <p>Boho Beautiful Morning Flow – Better Than The Gym - Stretch and Strength https://www.youtube.com/watch?v=oX6l6vs1EFs</p>	<p>COMMIT TO CORE TUESDAYS</p> <p>Workout activities from Mrs Brazendale Watch her video on https://youtu.be/DYtRveJuzq4 to check you are using the right technique.</p> <p>30 SEC ON EACH STATION 30 SECOND REST BETWEEN EACH</p> <ul style="list-style-type: none"> • SEATED ROW • CRUNCH • ELBOW TO KNEE • TOE TOUCH • SIDE PLANK DIPS • BUTTERFLY KICKS <p>REPEAT X 4</p>	<p>WORK OUT WEDNESDAYS</p> <p>Workout activities from Mrs Brazendale Watch her video on https://youtu.be/1yx8Vb4gvpA to show you the right techniques to help you exercise safely.</p> <p>30 SEC ON EACH STATION 60 SECOND REST BETWEEN EACH</p> <ul style="list-style-type: none"> • ARM CIRCLES • ALTERNATE LUNGES • PRESS UPS • SQUATS • TRICEP DIPS • STAR JUMPS • BURPEES • FROG JUMPS <p>REPEAT X 4</p>	<p>BALL SKILLS AND COORDINATION THURSDAYS</p> <ul style="list-style-type: none"> • Find a space to play catch. Try and work on your accuracy and technique. • Can you catch a ball against a wall? • Can you catch the ball from a family member? Try and do 100 x in a row. • Can you move further away? • Can you catch for 5 minutes? 	<p>WILD CARD FRIDAYS</p> <p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9am.</p> <p>Dance class with Oti is on daily at 11.30am</p> <p>Ballet with Jeanette https://www.youtube.com/watch?v=xCFfb5ShFQ4</p> <p>Gym with Max Whitlock https://www.youtube.com/watch?v=UeXJBgkA7Ew</p>

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Year 8	<p>YOGA MONDAYS</p> <p>Boho Beautiful Morning Flow – Better Than The Gym - Stretch and Strength https://www.youtube.com/watch?v=oX6l6vs1EFs</p>	<p>COMMIT TO CORE TUESDAYS</p> <p>Workout activities from Mrs Brazendale Watch her video on https://youtu.be/DYtRveJuzq4 to check you are using the right technique.</p> <p>30 SEC ON EACH STATION 30 SECOND REST BETWEEN EACH</p> <ul style="list-style-type: none"> • SEATED ROW • CRUNCH • ELBOW TO KNEE • TOE TOUCH • SIDE PLANK DIPS • BUTTERFLY KICKS <p>REPEAT X 4</p>	<p>WORK OUT WEDNESDAYS</p> <p>Workout activities from Mrs Brazendale Watch her video on https://youtu.be/1yx8Vb4gvpA to show you the right techniques to help you exercise safely.</p> <p>30 SEC ON EACH STATION 60 SECOND REST BETWEEN EACH</p> <ul style="list-style-type: none"> • ARM CIRCLES • ALTERNATE LUNGES • PRESS UPS • SQUATS • TRICEP DIPS • STAR JUMPS • BURPEES • FROG JUMPS <p>REPEAT X 4</p>	<p>BALL SKILLS AND COORDINATION THURSDAYS</p> <ul style="list-style-type: none"> • Find a space to play catch. Try and work on your accuracy and technique. • Can you catch a ball against a wall? Can you catch the ball from a family member? Try and do 100 x in a row. • Can you move further away? Can you catch for 3 minutes? 	<p>WILD CARD FRIDAYS</p> <p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9am.</p> <p>Dance class with Oti is on daily at 11.30am</p> <p>Ballet with Jeanette https://www.youtube.com/watch?v=xCFfb5ShFQ4</p> <p>Gym with Max Whitlock https://www.youtube.com/watch?v=UeXJBgkA7Ew</p>

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Year 9	<p>YOGA MONDAYS</p> <p>Boho Beautiful Morning Flow – Better Than The Gym - Stretch and Strength https://www.youtube.com/watch?v=oX6l6vs1EFs</p>	<p>COMMIT TO CORE TUESDAYS</p> <p>Workout activities from Mrs Brazendale Watch her video on https://youtu.be/DYtRveJuzq4 to check you are using the right technique.</p> <p>30 SEC ON EACH STATION 60 SECOND REST BETWEEN EACH</p> <ul style="list-style-type: none"> • SEATED ROW • CRUNCH • ELBOW TO KNEE • TOE TOUCH • SIDE PLANK DIPS • BUTTERFLY KICKS <p>REPEAT X 5</p>	<p>WORK OUT WEDNESDAYS</p> <p>Workout activities from Mrs Brazendale Watch her video on https://youtu.be/1yx8Vb4gvpA to show you the right techniques to help you exercise safely.</p> <p>30 SEC ON EACH STATION 45 SECOND REST BETWEEN EACH</p> <ul style="list-style-type: none"> • ARM CIRCLES • ALTERNATE LUNGES • PRESS UPS • SQUATS • TRICEP DIPS • STAR JUMPS • BURPEES • FROG JUMPS <p>REPEAT X 4</p>	<p>BALL SKILLS AND COORDINATION THURSDAYS</p> <ul style="list-style-type: none"> • Find a space to play catch. Try and work on your accuracy and technique. • Can you catch a ball against a wall? Or can you catch the ball from a family member? Try and do 200 x in a row. • Can you move further away? Can you catch for 5 minutes? 	<p>WILD CARD FRIDAYS</p> <p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9am.</p> <p>Dance class with Oti is on daily at 11.30am</p> <p>Ballet with Jeanette https://www.youtube.com/watch?v=xCFfb5ShFQ4</p> <p>Gym with Max Whitlock https://www.youtube.com/watch?v=UeXJBgkA7Ew</p>

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Year 10	<p>YOGA MONDAYS</p> <p>Boho Beautiful Morning Flow – Better Than The Gym - Stretch and Strength https://www.youtube.com/watch?v=oX6l6vs1EFs</p>	<p>COMMIT TO CORE TUESDAYS</p> <p>Workout activities from Mrs Brazendale Watch her video on https://youtu.be/DYtRveJuzq4 to check you are using the right technique.</p> <p>30 SEC ON EACH STATION 30 SECOND REST BETWEEN EACH</p> <ul style="list-style-type: none"> • SEATED ROW • CRUNCH • ELBOW TO KNEE • TOE TOUCH • SIDE PLANK DIPS • BUTTERFLY KICKS <p>REPEAT X 5</p>	<p>WORK OUT WEDNESDAYS</p> <p>Workout activities from Mrs Brazendale Watch her video on https://youtu.be/1yx8Vb4gvpA to show you the right techniques to help you exercise safely.</p> <p>30 SEC ON EACH STATION 45 SECOND REST BETWEEN EACH</p> <ul style="list-style-type: none"> • ARM CIRCLES • ALTERNATE LUNGES • PRESS UPS • SQUATS • TRICEP DIPS • STAR JUMPS • BURPEES • FROG JUMPS <p>REPEAT X 4</p>	<p>BALL SKILLS AND COORDINATION THURSDAYS</p> <ul style="list-style-type: none"> • Find a space to play catch. Try and work on your accuracy and technique. • Can you catch a ball against a wall? or • Can you catch the ball from a family member? • Try and do 200 x in a row. Can you move further away? Can you catch for 5 minutes? 	<p>WILD CARD FRIDAYS</p> <p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9am.</p> <p>Dance class with Oti is on daily at 11.30am</p> <p>Ballet with Jeanette https://www.youtube.com/watch?v=xCFfb5ShFQ4</p> <p>Gym with Max Whitlock https://www.youtube.com/watch?v=UeXJBgkA7Ew</p>

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Year 11	<p>YOGA MONDAYS</p> <p>Boho Beautiful Morning Flow – Better Than The Gym - Stretch and Strength https://www.youtube.com/watch?v=oX6I6vs1EFs</p>	<p>COMMIT TO CORE TUESDAYS</p> <p>Workout activities from Mrs Brazendale Watch her video on https://youtu.be/DYtRveJuzq4 to check you are using the right technique.</p> <p>30 SEC ON EACH STATION 60 SECOND REST BETWEEN EACH</p> <ul style="list-style-type: none"> • SEATED ROW • CRUNCH • ELBOW TO KNEE • TOE TOUCH • SIDE PLANK DIPS • BUTTERFLY KICKS <p>REPEAT X 5</p>	<p>WORK OUT WEDNESDAYS</p> <p>Workout activities from Mrs Brazendale Watch her video on https://youtu.be/1yx8Vb4gvpA to show you the right techniques to help you exercise safely.</p> <p>30 SEC ON EACH STATION 30 SECOND REST BETWEEN EACH</p> <ul style="list-style-type: none"> • ARM CIRCLES • ALTERNATE LUNGES • PRESS UPS • SQUATS • TRICEP DIPS • STAR JUMPS • BURPEES • FROG JUMPS <p>REPEAT X 4</p>	<p>BALL SKILLS AND COORDINATION THURSDAYS</p> <ul style="list-style-type: none"> • Find a space to play catch. Try and work on your accuracy and technique. Can you catch a ball against a wall? • Can you catch the ball from a family member? Try and do 200 x in a row. Can you move further away? Can you maintain this for 5 minutes? 	<p>WILD CARD FRIDAYS</p> <p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9am.</p> <p>Dance class with Oti is on daily at 11.30am</p> <p>Ballet with Jeanette https://www.youtube.com/watch?v=xCFfb5ShFQ4</p> <p>Gym with Max Whitlock https://www.youtube.com/watch?v=UeXJBgkA7Ew</p>

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Year 12 and 13	<p>YOGA MONDAYS</p> <p>Boho Beautiful Morning Flow – Better Than The Gym - Stretch and Strength https://www.youtube.com/watch?v=oX6l6vs1EFs</p>	<p>COMMIT TO CORE TUESDAYS</p> <p>Workout activities from Mrs Brazendale Watch her video on https://youtu.be/DYtRveJuzq4 to check you are using the right technique.</p> <p>30 SEC ON EACH STATION 30 SECOND REST BETWEEN EACH</p> <ul style="list-style-type: none"> • SEATED ROW • CRUNCH • ELBOW TO KNEE • TOE TOUCH • SIDE PLANK DIPS • BUTTERFLY KICKS <p>REPEAT X 5</p>	<p>WORK OUT WEDNESDAYS</p> <p>Workout activities from Mrs Brazendale Watch her video on https://youtu.be/1yx8Vb4gvpA to show you the right techniques to help you exercise safely.</p> <p>30 SEC ON EACH STATION 30 SECOND REST BETWEEN EACH</p> <ul style="list-style-type: none"> • ARM CIRCLES • ALTERNATE LUNGES • PRESS UPS • SQUATS • TRICEP DIPS • STAR JUMPS • BURPEES • FROG JUMPS <p>REPEAT X 4</p>	<p>BALL SKILLS AND COORDINATION THURSDAYS</p> <ul style="list-style-type: none"> • Find a space to play catch. Try and work on your accuracy and technique. Can you catch a ball against a wall? • Can you catch the ball from a family member? Try and do 200 x in a row. Can you move further away? Can you maintain this for 10 minutes? 	<p>WILD CARD FRIDAYS</p> <p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9am.</p> <p>Dance class with Oti is on daily at 11.30am</p> <p>Ballet with Jeanette https://www.youtube.com/watch?v=xCFfb5ShFQ4</p> <p>Gym with Max Whitlock https://www.youtube.com/watch?v=UeXJBgkA7Ew</p>

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