

## WEEK BEGINNING 27 APRIL

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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Year 3	<p><b>YOGA MONDAYS</b></p> <p><b>Cosmic kids yoga Trolls</b>  <a href="https://www.youtube.com/watch?v=U9Q6FKF12Qs">https://www.youtube.com/watch?v=U9Q6FKF12Qs</a></p>	<p><b>THROWING</b></p> <p>Throwing for distance (only if you have a garden)</p> <p>Try a seated and a standing ball throw. This is like a football throw in. Can you put a marker where your ball touches the floor. Can you set up a family competition? If you only have indoor space try the same throws but with a pair of rolled up socks.</p>	<p><b>SPRINTING</b></p> <p>On your daily walk, see if you can find a space to practice your sprinting (fast running). Find a start and a finishing line. How fast can you go? Perhaps mum or dad could time you.</p>	<p><b>SHUTTLE RUNNING</b></p> <p>Put a washing basket out in the garden. Ask someone at home for some items to put in it (socks, t shirts, hats, gloves etc.) and get someone to time how long it takes you to empty the basket, transferring one item from the basket to a finish line at a time. Can you beat the other members of your family? How can you make it harder?</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 9am.</p> <p><b>Dance class with Oti</b> is on daily at 11.30am</p> <p><b>Ballet Barre at home class with Janette</b>  <a href="https://www.youtube.com/watch?v=yx3kVScz0Lw">https://www.youtube.com/watch?v=yx3kVScz0Lw</a></p>

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Year 11	<p><b>YOGA MONDAYS</b></p> <p><b>Boho Beautiful</b> Easy Yoga For Beginners Full Body Gentle Flow <a href="https://www.youtube.com/watch?v=3 Q-yYfjeBM">https://www.youtube.com/watch?v=3 Q-yYfjeBM</a></p>	<p><b>COMMIT TO CORE TUESDAYS</b></p> <p><b>Workout activities from Mr May demonstrated by Mrs Brazendale</b> Watch her video on <a href="https://youtu.be/DXOI0dcm3xA">https://youtu.be/DXOI0dcm3xA</a> 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"> <li>• SIT UPS</li> <li>• PLANK</li> <li>• CRUNCH</li> <li>• RUSSIAN TWIST</li> <li>• TOE TO HAND TOUCH</li> <li>• DISH HOLD</li> </ul> <p>REPEAT X 5</p>	<p><b>WORKOUT WEDNESDAYS</b></p> <p><b>Workout activities from Mr May demonstrated by Mrs Brazendale</b> Watch her video on <a href="https://www.youtube.com/watch?v=oZiu xULdxU&amp;feature=youtu.be">https://www.youtube.com/watch?v=oZiu xULdxU&amp;feature=youtu.be</a> 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"> <li>• REVERSE LUNGE</li> <li>• WALL SIT</li> <li>• SIDE PLANK</li> <li>• SQUATS</li> <li>• STAR JUMPS</li> <li>• SKIP</li> <li>• BOX STEP</li> <li>• FROG JUMPS</li> </ul> <p>REPEAT X 4</p>	<p><b>BALL SKILLS AND COORDINATION THURSDAYS</b></p> <p>Choose a ball sport that you like and have the equipment and space for. Design a circuit of 6 stations with a different activity relating to moving the ball in your sport on each. For example – netball could have</p> <ol style="list-style-type: none"> <li>1 – throwing against a wall</li> <li>2 – throwing and catching to yourself.</li> <li>3 – rolling the ball out chasing it and picking it up.</li> <li>4 – dropping the ball and catching it.</li> <li>5 – shooting (if you have a hoop)</li> <li>6 – throwing the ball at a wall, chasing it and collecting it before it bounces.</li> </ol>	<p><b>WILD CARD FRIDAYS</b></p> <p><b>YouTube options:</b></p> <p><b>PE with Joe Wicks</b> is on daily at 9am.</p> <p><b>Dance class with Oti</b> is on daily at 11.30am</p> <p><b>Ballet Barre at home class with Janette</b> <a href="https://www.youtube.com/watch?v=yx3kVScz0Lw">https://www.youtube.com/watch?v=yx3kVScz0Lw</a></p> <p><b>Gym with Max Whitlock</b> <a href="https://www.youtube.com/watch?v=nuM04be Ftg">https://www.youtube.com/watch?v=nuM04be Ftg</a></p>

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## WEEK BEGINNING 27 APRIL

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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Year 12 and 13	<p><b>YOGA MONDAYS</b></p> <p><b>Boho Beautiful</b> Easy Yoga For Beginners Full Body Gentle Flow <a href="https://www.youtube.com/watch?v=3 Q-yYfjeBM">https://www.youtube.com/watch?v=3 Q-yYfjeBM</a></p>	<p><b>COMMIT TO CORE TUESDAYS</b></p> <p><b>Workout activities from Mr May demonstrated by Mrs Brazendale</b> Watch her video on <a href="https://youtu.be/DXOIOdcm3xA">https://youtu.be/DXOIOdcm3xA</a> 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"> <li>SIT UPS</li> <li>PLANK</li> <li>CRUNCH</li> <li>RUSSIAN TWIST</li> <li>TOE TO HAND TOUCH</li> <li>DISH HOLD</li> </ul> <p>REPEAT X 5</p>	<p><b>WORKOUT WEDNESDAYS</b></p> <p><b>Workout activities from Mr May demonstrated by Mrs Brazendale</b> Watch her video on <a href="https://www.youtube.com/watch?v=oZiu xULdxU&amp;feature=youtu.be">https://www.youtube.com/watch?v=oZiu xULdxU&amp;feature=youtu.be</a> 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"> <li>REVERSE LUNGE</li> <li>WALL SIT</li> <li>SIDE PLANK</li> <li>SQUATS</li> <li>STAR JUMPS</li> <li>SKIP</li> <li>BOX STEP</li> <li>FROG JUMPS</li> </ul> <p>REPEAT X 4</p>	<p><b>BALL SKILLS AND COORDINATION THURSDAYS</b></p> <p>Choose a ball sport that you like and have the equipment and space for. Design a circuit of 6 stations with a different activity relating to moving the ball in your sport on each. For example – netball could have</p> <ol style="list-style-type: none"> <li>1 – throwing against a wall</li> <li>2 – throwing and catching to yourself.</li> <li>3 – rolling the ball out chasing it and picking it up.</li> <li>4 – dropping the ball and catching it.</li> <li>5 – shooting (if you have a hoop)</li> <li>6 – throwing the ball at a wall, chasing it and collecting it before it bounces.</li> </ol>	<p><b>WILD CARD FRIDAYS</b></p> <p><b>YouTube options:</b></p> <p><b>PE with Joe Wicks</b> is on daily at 9am.</p> <p><b>Dance class with Oti</b> is on daily at 11.30am</p> <p><b>Ballet Barre at home class with Janette</b> <a href="https://www.youtube.com/watch?v=yx3kVSczOLw">https://www.youtube.com/watch?v=yx3kVSczOLw</a></p> <p><b>Gym with Max Whitlock</b> <a href="https://www.youtube.com/watch?v=nuM04be Ftg">https://www.youtube.com/watch?v=nuM04be Ftg</a></p>

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