

ACTIVITY TIMETABLE IDEAS

Click on an activity icon to go to the link
Have fun !



DAY	AGE	FUN FITNESS ACTIVITY	CHALLENGE OR COMPETE	ACTIVE LEARNING OR WELLBEING
MOVE IT MONDAYS	AGE 5-11	DAILY MILE AT HOME	Interactive Ludo 	BBC Resource 
	AGE 9-14	Fitness Jumanji Game 	Active Championships 	SPORTS LEADERSHIP
CHOOSE IT TUESDAYS	AGE 5-11	Cbeebies Andy's workout 	LTA – Tennis at Home 	YST ACTIVE LEARNING
	AGE 9-14	Choose a Workout 	At Home Cricket  Powered By Cricket Vision	BBC GET INSPIRED
WORK IT WEDNESDAYS	AGE 5-11	P.E. WITH JOE	MULTI SKILLS 	BBC Get Active 
	AGE 9-14	Couch to 5K 	TheFA EXTRA TIME	YST FREE HOME LEARNING
TEST IT THURSDAYS	AGE 5-11	Get moving With Disney 	YST CHALLENGES 	Spelling Test ! 
	AGE 9-14	Work Out Games 	Athletics Challenge 	TheFA TEAM TALK
FREESTYLE IT FRIDAYS	AGE 5-11	Go Noodle Activities 	Learn to Jump rope 	Cosmic Kids Yoga 
	AGE 9-14		Learn a Street dance  UDOIT Dance 308 subscribers	Headspace Meditation 