



Physical Activity Planner



In an ideal world each child would be meeting the CMO guidelines of a **minimum of 60 minutes of daily physical activity**. Below is an example KS1 timetable that may help to guide you to plan each weeks' PE & physical activity schedule. For more info make sure to check out: <https://www.activehb.org.uk/active-at-home>

Week 1							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	PE with Joe Wicks (9am)	The sid shuffle	Jump Start Jonny	PE dance lesson	Loughborough collage kids workout	Netflex - fitness workout	Funky Feet Music (EYFS, KS1, KS2)
PM	Funetics (Athletics)	Kids workout	Loughborough collage kids workout	Loughborough collage kids workout	netflex - brain break	Family PE lesson - create your own obstacle course	family walk
Week 2							
AM	PE with Joe Wicks (9am)	netflex - just dance	Loughborough collage kids workout	netflex - themed workouts	Youth Sport Trust	netflex - dance	family walk create your own bingo (see below)
PM	LTA Tennis @ Home	Family PE lesson - create your own game	netflex - brain break	Loughborough collage kids workout	Funetics (Athletics)	Family PE lesson - create your own family exercise circuit	Cosmic Yoga

We would love to hear how you're getting on,
tweet us [@hb_sspan](#)

#StayInWorkOut #HealthyAtHome



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WALKING BINGO

Example

Tree stump 			

Can you come up with 15 different landmarks you can see on different walks including, countryside walks, park walks and road walks. If you cross of a full row or column first, you are the winner. See if you can carry on the game until someone has a full house! This may take more than 1 walk.

You could try to draw the landmarks into the boxes and write the name above your picture.