



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 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 5 Commencing 1 st February							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	PE with Joe Wicks (9am) 20 Minute Workout	HiFive Challenges Speed Bounce Challenge	PE with Joe Wicks (9am) 20 Minute Workout	Video Game Workout	PE with Joe Wicks (9am) 20 Minute Workout	Fresh Air Street name Challenge Spell "Gold Medal"	Family Walk & Run 8 x 30 second Sprints. 30 seconds Recovery
PM	PE Lesson – Loughborough College - Gymnastics	Youth Sports Trust. After School Sports Catchup or live at 5pm	Chance 2 Shine Live @ 2pm or Catch up anytime	Youth Sports Trust. After School Sports Catchup or live at 5pm	PE Lesson – Loughborough College – Fitness	HBSSPAN Weekly Challenge	Cycle Ride
Week 6 Commencing 8 th February							
AM	PE with Joe Wicks (9am)	HBSSPAN Weekly Challenge	PE with Joe Wicks (9am)	The Avengers Tabata Workout	PE with Joe Wicks (9am)	Fresh Air Street name Challenge Spell "World Record"	Family Walk & Run. 20 x 10 second runs. 30 second recovery
PM	PE Lesson – Loughborough College – Multi Skills	Youth Sports Trust. After School Sports Catchup or live at 5pm	Chance 2 Shine Live @ 2pm or Catch up anytime	Youth Sports Trust. After School Sports Catchup or live at 5pm	PE Lesson – Loughborough College – Olympic Finale	HBSSPAN Weekly Challenge	Funetics Standing Triple Jump



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We would love to hear how you're getting on,
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#StayInWorkOut #HealthyAtHome