



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 SEND (Physical Disability) 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 3 Commencing 25 th January							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Ella's Superhero Workout	penathlon - noughts and crosses	Ellas super hero workout	Audio Basketball	Ellas dice work out	Simple Core Workout	Rolling Ball Challenge
PM	Wheelchair Dancing	Yoga with Sherry and Tami	MATP at Home Series- striking with Upper Body	yoga with Jackson	Wheelchair & Disability friendly HIIT Workout	penathlon - pirate ship (second half of video for wc users)	Freshair Bingo (See Separate Sheet)
Week 4 1 st Feb							
AM	Ellas princess and hero workout	LRS Rolling Ball Challenge	Wheelchair circuit training	penathlon - boccia snooker	Ellas world tour workout	No equipment needed workout with Ella	Freshair Challenge Find 5 things beginning with a different letter A B C D & E
PM	MATP at Home Series	Ben Clarke – Pyramid workout	MATP at Home Series. Rolling	Yoga with Adriene	Wheelchair yoga	Freshair Bingo (See Separate Sheet)	kids seated workout



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