

PE / Fitness at home plan

Keeping fit and healthy at home can be difficult but there are some really great ways to keep yourself moving.

Here is a timetable with some ideas and suggestions of ways to keep fit in lockdown whilst being fun!

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Wake and Shake 8:45 - 8:55am	Go Noodle Dance on YouTube	Just Dance Junior on YouTube	Kids Bop dance on YouTube	Oti's Boogie Beebies on CBeebies BBC	Go Noodle Dance on YouTube
11am - 11:30am	'PE with Joe' workout on YouTube before or after completing morning task	Cosmic Kids Yoga on YouTube	'PE with Joe' workout on YouTube before or after completing morning task	Cosmic Kids Yoga on YouTube	'PE with Joe' workout on YouTube before or after completing morning task
After School Time - 3:30 - 4pm	Walk or run around your garden or local park - can you do 10 laps?	Walk or run around your garden or local park - can you spot any plants?	Walk or run around your garden or local park - can you spot any animals?	Walk or run around your garden or local park - can you do 20 laps?	Walk or run around your garden or local park - can you do 20 laps?

Ideas of other activities to keep you moving!

Can you create your own fitness workout?

See if you can think of 5 exercises to do for 30 seconds each. Can you time yourself?

For example:

30 seconds of star jumps with a 30 second break.

30 seconds of running on the spot with a 30 second break.

30 seconds of squats with a 30 second break.

Repeat 4 times

Can you create your own dance routine?

Can you include a roll? Teddy bear, forwards/backwards or log roll

Can you include a turn?

Can you change levels from high to low?

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