



Have you done your 60 active minutes?

Using the activities below 'pick n mix' various activities throughout your week

Have FUN!

LOCKDOWN 3.0
TIME TO GET INVOLVED



MOTIVATION MONDAYS	TASTY TUESDAYS	WALKING WEDNESDAYS	THOUGHTFUL THURSDAYS	FUNDAY FRIDAYS	SPORTY SATURDAYS	SLOW DOWN SUNDAYS
<p>Kick start the week with some high intensity moves</p> <p>PE with Joe Wicks</p>	<p>Join Active Anita in making a tasty breakfast</p> <p>SSPAN website</p>	<p>Can you go for a walk with an adult from your household. How many steps can you do? How far can you walk?</p> <p>Daily Mile</p>	<p>Choose a Mindfulness video with Learnful Jo</p> <p>Learnful Jo</p>	<p>Choose a video from Super Movers</p> <p>Super Movers</p>	<p>BOCCIA COMPETITION 11th-29th Jan follow our social media for more information</p>	<p>REST DAY Doesn't mean you can't still be active What can you find outside in the fresh air</p>
<p>Select an activity from the following sports: -Athletics -Gymnastics -Cricket</p>	<p>Join Active Anita in making a tasty lunch</p> <p>SSPAN website</p>	<p>Choose a scavenger hunt</p> <p>SSPAN website</p>	<p>Choose a Cosmic Yoga video</p> <p>Cosmic Yoga</p>	<p>Choose a Disney 10 Minute shake up video</p> <p>Disney 10 minute shake up</p>	<p>SKIPPING COMPETITION 1st-19th Feb Information coming soon</p>	<p>REST DAY How about a game of Wellopoly</p> <p>SSPAN website</p>
<p>Dance along with Jump start Jonny</p> <p>Jump Start Jonny</p>	<p>Join Active Anita in making a tasty dinner</p> <p>SSPAN website</p>	<p>Can you think of a different way to move today? Can you scoot, bike, jump, skip, hop, jog?</p>	<p>Get your creative head on and draw ACTIVE YOU Send it in via our website if you are happy for us to post it on our social media</p>	<p>Choose a Go Noodle video</p> <p>Go Noodle</p>	<p>BASKETBALL COMPETITION 1st-26TH March Information coming soon</p>	<p>REST DAY Read a book and then try and act out the story/ a game charades?</p>
HAVE	LOTS	OF	FUN	AND	KEEP	ACTIVE