

LOCKDOWN PE TIMETABLE WEEK 3



Keeping children active and mentally well during the national lockdown

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 AM	 <u>Active Maths</u> 	 <u>Active English</u> 	 <u>Work It Wednesday</u> 	 <u>PE With Coach Tom</u> 	 <u>Taekwondo Lesson</u> 	 <u>LIVE Taekwondo</u> zoom
12 PM	 <u>PE Parent Challenge</u> 	 <u>PE Parent 2 Challenge</u> 	 <u>PE Parent Challenge</u> 	 <u>PE Parent 2 Challenge</u> 	 <u>PE Parent Challenge</u> 	
2 PM	 <u>Fusion Series</u> 	 <u>Dance Lesson 3</u> 	 <u>School Games Challenge</u> 	 <u>Gymnastics Lesson 3</u> 	 <u>Funetics Lesson 3</u> 	
4 PM	 LIVE Yoga <u>Don't miss it!</u>	 LIVE Dance <u>Don't miss it!</u>	 LIVE Yoga <u>Don't miss it!</u>	 LIVE Dance <u>Don't miss it!</u>		