

LOCKDOWN PE TIMETABLE WEEK 4



Keeping children active and mentally well during the national lockdown

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 AM	 Active Maths 	 Active English 	 LIVE with Coach Luke SUBSCRIBE Don't miss it!	 PE With Coach Tom 	 LIVE with Coach Luke SUBSCRIBE Don't miss it!	 LIVE Taekwondo zoom
12 PM	 Cushion Challenge 	 Speed Bounce 	 Plank Challenge 	 Standing Long Jump 	 Star Jump Challenge 	
2 PM	 Fusion Series 	 Dance Fitness Lesson 1 	 School Games Challenge 	 Gymnastics Lesson 4 	 Funetics Lesson 4 	

LIVE RECAP



- [Lesson 1](#)
- [Lesson 2](#)
- [Lesson 3](#)
- [Lesson 4](#)



- [Lesson 1](#)
- [Lesson 2](#)

LIVE STREAM

Week 4



Be Happy. Be Healthy. Be Active