

LOCKDOWN PE TIMETABLE WEEK 5



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 <i>Don't miss it!</i>	 PE With Coach Tom 	 LIVE with Coach Luke SUBSCRIBE <i>Don't miss it!</i>	 LIVE Taekwondo zoom
12 PM	 Sock Tennis Challenge 	 50m Dash 	 Dance Fitness 2 	 Target Throw 	 Dance Fitness 3 	
2 PM	 Fusion Series 	 Dance Lesson 5 	 School Games Challenge 	 Gymnastics Lesson 5 	 Funetics Lesson 5 	

LIVE RECAP



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



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

LIVE STREAM

Week 5



Be Happy. Be Healthy. Be Active