

LOCKDOWN PE

TIMETABLE



Keeping children active and mentally well during the national lockdown

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 AM	 <u>Daily Challenge</u> 	 <u>Daily Challenge</u> 	 <u>Work It Wednesday</u> 	 <u>Daily Challenge</u> 	 <u>Daily Challenge</u> 	 <u>LIVE Taekwondo</u> 
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</u> 	 <u>School Games Challenge</u> 	 <u>Gymnastics Lesson</u> 	 <u>Funetics Lesson</u> 	
4 PM	  <u>Don't miss it!</u>	  <u>Don't miss it!</u>	  <u>Don't miss it!</u>	  <u>Don't miss it!</u>	 <u>Dance Lesson</u> 	

LOCKDOWN PE

Active
FUSION



TIMETABLE WEEK 2

Keeping children active and mentally well during the national lockdown

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 AM	 <u>Daily Challenge</u> 	 <u>Daily Challenge</u> 	 <u>Work It Wednesday</u> 	 <u>Daily Challenge</u> 	 <u>Daily Challenge</u> 	 <u>LIVE Taekwondo</u>
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</u> 	 <u>School Games Challenge</u> 	 <u>Gymnastics Lesson</u> 	 <u>Funetics Lesson</u> 	
4 PM	 <u>LIVE Yoga</u> 	 <u>LIVE Fitness</u> 	 <u>LIVE Yoga</u> 	 <u>LIVE Fitness</u> 	 <u>Dance Lesson</u> 	

LOCKDOWN PE

TIMETABLE WEEK 3

Active
FUSION



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>
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	 <u>LIVE Yoga</u> Don't miss it!	 <u>LIVE Dance</u> Don't miss it!	 <u>LIVE Yoga</u> Don't miss it!	 <u>Dance</u> Don't miss it!		

LOCKDOWN PE

TIMETABLE WEEK 4

Active
FUSION



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> 	LIVE with Coach Luke Don't miss it!	 <u>PE With Coach Tom</u> 	LIVE with Coach Luke Don't miss it!	 <u>LIVE</u> Taekwondo zoom
12 PM	 <u>Cushion Challenge</u> 	 <u>Speed Bounce</u> 	 <u>Plank Challenge</u> 	 <u>Standing Long Jump</u> 	 <u>Star Jump Challenge</u> 	
2 PM	 <u>Fusion Series</u> 	 <u>Dance Fitness Lesson 1</u> 	 <u>School Games Challenge</u> 	 <u>Gymnastics Lesson 4</u> 	 <u>Funetics Lesson 4</u> 	

LIVE RECAP



Fitness

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



Yoga

- [Lesson 1](#)
 - [Lesson 2](#)
- LIVE** **STREAM**

LOCKDOWN PE

Active
FUSION



TIMETABLE WEEK 5

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

LIVE RECAP



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



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

LIVE **STREAM**

Week 5

Active
FUSION

Be Happy. Be Healthy. Be Active

LOCKDOWN PE

TIMETABLE WEEK 6



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>Taekwondo Lesson 1</u> 	 <u>PE With Coach Tom</u> 	 <u>Taekwondo Lesson 2</u> 	
12 PM	 <u>Cup Challenge</u> 	 <u>Long Jump 2</u> 	 <u>Dance Fitness 4</u> 	 <u>Target Throw 2</u> 	 <u>Dance Fitness 5</u> 	
2 PM	 <u>Fusion Series</u> 	 <u>Dance Lesson 6</u> 	 <u>Storienteering Resource</u> 	 <u>Gymnastics Lesson 6</u> 	 <u>Funetics Lesson 6</u> 	

LIVE RECAP



- Lesson 1
- Lesson 2
- Lesson 3
- Lesson 4



Week 6

Be Happy. Be Healthy. Be Active



PE LIVE

- Lesson 1
- Lesson 2
- Lesson 3
- LIVE STREAM**

LOCKDOWN PE

TIMETABLE WEEK 6



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>Taekwondo Lesson 1</u> 	 <u>PE With Coach Tom</u> 	 <u>Taekwondo Lesson 2</u> 	
12 PM	 <u>Cup Challenge</u> 	 <u>Long Jump 2</u> 	 <u>Dance Fitness 4</u> 	 <u>Target Throw 2</u> 	 <u>Dance Fitness 5</u> 	
2 PM	 <u>Fusion Series</u> 	 <u>Dance Lesson 6</u> 	 <u>Storienteering Resource</u> 	 <u>Gymnastics Lesson 6</u> 	 <u>Funetics Lesson 6</u> 	

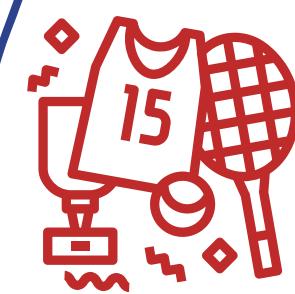
LIVE RECAP



- Lesson 1
- Lesson 2
- Lesson 3
- Lesson 4



Be Happy. Be Healthy. Be Active



PE LIVE

- Lesson 1
- Lesson 2
- Lesson 3
- LIVE STREAM**