

GM SCHOOL GAMES #STAYHOMESTAYACTIVE



GM SCHOOL GAMES NETWORK

MOVEMENT MONDAY

TIME 2 LEARN TUESDAY

WELL-BEING WEDNESDAY

THOUGHTFUL THURSDAY

FITNESS FUN FRIDAY

Activity idea 1

PE with Joe
or
Little Sports 10 Minute Kids Work Out

PE with Joe
or
Little Sports 10 Minute Kids Work Out

PE with Joe
or
Little Sports 10 Minute Kids Work Out

PE with Joe
or
Little Sports 10 Minute Kids Work Out

PE with Joe
or
Little Sports 10 Minute Kids Work Out

Activity idea 2

Youth Sport Trust / Complete PE Personal Challenge

Learn and Master a new Skill

Youth Sport Trust / Complete PE Personal Challenge

Cosmic Yoga

Youth Sport Trust / Complete PE Personal Challenge

Activity idea 3

Free Play
Create Your Own Fun Game

Youth Sport Trust / Complete PE PE Home Learning Activity

Get Dancing
5 a-day Fitness I Moves
Go Noodle
BBC Supermovers

Active Stories
Primary Steps in PE

Active Games
UNO, Monopoly
Fitness Circuits
(to be posted each Friday)

Activity idea 4

Get Dancing
5 a-day Fitness I Moves
Go Noodle
BBC Supermovers

Active Learning
Teach Active
Mighty Maths
Burn 2 Learn

Cosmic Yoga

Be Mindful Activity
(to be posted each Thursday)

Get Set Tokyo Tens

Activity idea 5

Daily Exercise
Walk, Jog, Run, Scoot, Cycle

Youth Sport Trust / Complete PE Active Learning

Health Education Children Health Project

Reflection Brain Challenge
Inspire+

Daily Exercise
Walk, Jog, Run, Scoot, Cycle