

Let's Get Moving in Lockdown!

	Week Beginning: 11.1.21	Week Beginning: 18.1.21	Week Beginning: 25.1.21	Week Beginning: 1.2.21	Week Beginning: 8.2.21
Monday	<p align="center">PE WITH JOE</p> <p align="center">Join the Body Coach live at 9am for a workout on YouTube! If you can't make 9am, it will stay on his channel to do later. https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ</p>				
Tuesday	<p align="center">MR HUTCHINSON'S CHALLENGE</p> <p>How many times can you throw a teabag into a mug in 1 minute?</p>	<p align="center">MR HUTCHINSON'S CHALLENGE</p> <p>Can you learn to juggle using 3 pairs of bundled up socks?</p>	<p align="center">MR HUTCHINSON'S CHALLENGE</p> <p>Build a tower out of toilet rolls. Can you knock it down using bundles of socks?</p>	<p align="center">MR HUTCHINSON'S CHALLENGE</p> <p>Can you create and complete your own obstacle course?</p>	<p align="center">MR HUTCHINSON'S CHALLENGE</p> <p>Learn a new skill. You could master a roly-poly, kick-ups, learn how to skip – anything!</p>
Wednesday	<p align="center">PE WITH JOE</p> <p align="center">Join the Body Coach live at 9am for a workout on YouTube! If you can't make 9am, it will stay on his channel to do later. https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ</p>				
Thursday	<p align="center">SIT UPS</p> <p> 30 sit ups</p> <p> 20 sit ups</p> <p> 10 sit ups</p>	<p align="center">JOGGING</p> <p> 15 minutes</p> <p> 10 minutes</p> <p> 5 minutes</p>	<p align="center">LUNGES ON BOTH LEGS</p> <p> 30 each leg</p> <p> 20 each leg</p> <p> 10 each leg</p>	<p align="center">HIGH KNEES JOGGING</p> <p> 1+ minute</p> <p> 45 seconds</p> <p> 20 seconds</p>	<p align="center">JUMP SQUATS:</p> <p> 20+ squats</p> <p> 15 squats</p> <p> 10 squats</p>
Friday	<p align="center">PE WITH JOE</p> <p align="center">Join the Body Coach live at 9am for a workout on YouTube! If you can't make 9am, it will stay on his channel to do later. https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ</p>				
Saturday/ Sunday	<p align="center">FAMILY TIME</p> <p>Go for a walk with your family; take some pictures of the signs of winter.</p>	<p align="center">FAMILY TIME</p> <p>Can you teach your family a new game? You could even invent your own!</p>	<p align="center">FAMILY TIME</p> <p>Learn some new yoga poses and model them to your grown-ups.</p>	<p align="center">FAMILY TIME</p> <p>Be active with your family. Go for a walk, jog, or a bike ride – whatever you want!</p>	<p align="center">FAMILY TIME</p> <p>Go for a walk with your family and explore somewhere new.</p>
<p align="center">Let's get moving in Lockdown, Team Viewley! Try these activities with the people at home and challenge yourself.</p> <p align="center">Send your efforts to your Teachers via Seesaw – we can't wait to see them.</p> <p align="center">Miss Shadforth says: 'It is super important to keep active and healthy. Stay safe, take care and keep smiling!'</p>					

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