

**General Plan**

	<b><u>Week 1</u></b> <b><u>w/c 04/05/2020</u></b>	<b><u>Week 2</u></b> <b><u>w/c 11/05/2020</u></b>
<b><u>#MovementMondays</u></b>	<p align="center"><b>Danceathon</b></p> <ul style="list-style-type: none"> <li>• Create your own unique dance for your favourite disney song? Can you create a different dance for each song in your favourite disney film?</li> </ul> <p align="center"><b>Runathon</b></p> <ul style="list-style-type: none"> <li>• How many laps of your garden would it take to run 5k? How fast can you do it?</li> </ul>	<p align="center">Set yourself a moving challenge</p> <ul style="list-style-type: none"> <li>• Can you walk 10,000 steps?</li> <li>• How many laps of your garden can you do in 10 mins / 20 mins / 30 mins</li> <li>• How many press ups can you do in 1 minute?</li> </ul>
<b><u>#TimeOutTuesdays</u></b>	<p align="center"><b>Yoga</b></p> <p>Do 30 minutes of Yoga:</p> <ul style="list-style-type: none"> <li>• Mountain pose</li> <li>• Standing forward bend</li> <li>• Garland pose</li> <li>• Lunge pose</li> <li>• Seated forward bend</li> </ul> <p>Hold each exercise for 30 seconds Repeat the exercises until the 20 minutes is up</p>	<p align="center"><b>Yoga</b></p> <p>Do 30 minutes of Yoga:</p> <ul style="list-style-type: none"> <li>• Downward dog</li> <li>• Bow pose</li> <li>• Bridge pose</li> <li>• Cat pose</li> <li>• Dancer pose</li> </ul> <p>Hold each exercise for 30 seconds Repeat the exercises until the 20 minutes is up</p>
<b><u>#WellbeingWednesdays</u></b>	<p align="center"><b>5 ways to wellbeing</b></p> <ul style="list-style-type: none"> <li>• Be Active - go for a long walk with a family member</li> <li>• Connect - with a family member : do a jigsaw, do a crossword, build a tower from household items</li> <li>• Learn - learn how to say happiness in 5 different languages</li> <li>• Take notice - of how many different kinds of</li> </ul>	<p align="center"><b>5 ways to wellbeing</b></p> <ul style="list-style-type: none"> <li>• Be Active - go for along walk with a family member</li> <li>• Connect - connect with nature : have a picnic in your garden</li> <li>• Learn - learn how to say thank you in 5 different languages</li> <li>• Take notice - of your surroundings : how many different colours can you see? How</li> </ul>

	<p>birds come into your garden</p> <ul style="list-style-type: none"> <li>• Give - give a family member or a friend a call...check up on them</li> </ul>	<p>many different shapes can you see?</p> <ul style="list-style-type: none"> <li>• Give - give a family member or a friend a call...check up on them</li> </ul>
<p><b><u>#TeamSportsThursdays</u></b></p>	<p><b>Team Sports</b></p> <ul style="list-style-type: none"> <li>• How many keepy uppys can you and a family member do without the ball touching the ground?</li> <li>• How many bounce passes can you do in 1 minute?</li> </ul>	<p><b>Team Sports</b></p> <ul style="list-style-type: none"> <li>• How many 1 touch passes with a football can you do with a family member</li> <li>• How fast can you and a family member do a bounce pass, chest pass, lob pass, overhead pass and shoulder pass to each other?</li> </ul>
<p><b><u>#FitnessFridays</u></b></p>	<p><b>Relay Races</b></p> <ul style="list-style-type: none"> <li>• Can you design your own relay course around your house or garden? How fast can you do it? Can you challenge a family member</li> </ul>	<p><b>Mirror, Mirror on the Wall</b></p> <ul style="list-style-type: none"> <li>• Can you play copy cat with a family member? One person does an exercise and you have to copy them...like in a mirror.</li> </ul>