

My Activity Planner

A range of activities for ages 3 - 17



It's really important to try to stay active at this time, even if you have to stay at home right now.

Activity is good for your physical health but it is also good for your mental and emotional health too.

The links in this document will take you to some fantastic activities that you can do at home or whilst out exercising*.





Early Years: Age 3 - 5

CLICK THE CHARACTERS TO GET MOVING!!



CBBC Andy's Wild Workouts!

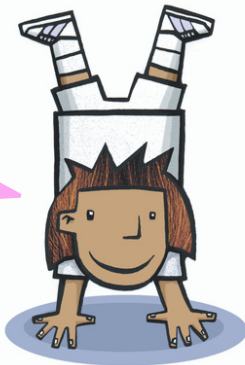
Check out Cosmic Kids Yoga!



50 Ways to Experience Outdoors!



PopSugar's Family Fun Workout!



Get fit with iMoves!



First Level: P2, P3, P4

CLICK THE CHARACTERS TO GET MOVING!!



I love PE
with
Joe Wicks!



CBBC Andy's
Wild
Workouts!

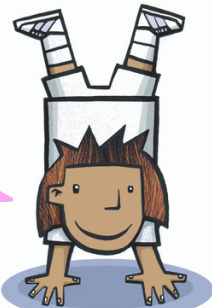
Check out
Cosmic Kids
Yoga!



50 Ways to
Experience
Outdoors!



PopSugar's
Family Fun
Workout!



Virtual
Active Schools
Sessions!



Get fit
with
iMoves!



Second Level: P5, P6, P7

CLICK THE CHARACTERS TO GET MOVING!!



I love PE
with
Joe Wicks!



PopSugar's
Family Fun
Workout!

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Yoga!



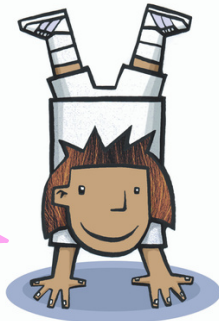
50 Ways to
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Outdoors!



Virtual
Active Schools
Sessions!



We are
Super
Movers!



Get fit
with
iMoves!



ASN

CLICK THE CHARACTERS TO GET MOVING!!

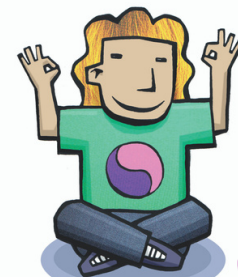


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Yoga!



SDS
Be Active,
Be Well

50 Ways to
Experience
Outdoors!



BRING THE
NOISE!



Dance,
Dance,
Dance!!!



Get fit
with
iMoves!



My Activity
Planner

Third / Forth Level
&
Senior Phase:

S1 - S6

CLICK THE
ACTIVITY
ICONS TO
GET GOING!



PE
with
Joe Wicks!



Yoga!



John Muir
Trust -
Wild Inside



PopSugar
Fitness:
Cardio / HIIT /
Dance + more!



Virtual
Active Schools
Sessions!

