

Week 1

Fun activities for you to do as a family to keep active and healthy together during the lockdown!

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Balloon Volleyball</u>	<u>Add it on</u>	<u>10-1 Workout</u>	<u>6 in a Row</u>	<u>Air Hockey</u>
<u>Joe Wicks 9am</u>	<u>Go Noodle</u>	<u>Joe Wicks 9am</u>	<u>Cosmic Kids Yoga</u>	<u>Joe Wicks 9am</u>