

Morning

9am

Boot Camp with Miss Parry

Start the day with some light exercise which will boost motivation. All you need is your gym kit and a towel.

11am
Art

with Mr Milstead

You will need white A4 paper, a pencil and if you have any charcoal or watercolour paint then great, if not don't worry. You will be completing a snapshot of an area in a woodland. You will at different tonal values, perspective and field of vision.

Join our Wellbeing Wednesday live teams sessions!

10am

Origami with Miss Sturt-Hammond

Have you ever wanted to create art using only paper? Join the origami session to make incredible 3D paper creations! You will need 2 pieces of A4 paper and a pair of scissors.

Video
Session
Cardio

with Miss Burbidge

Join Miss Burbidge's video for a cardio session which will get your blood pumping.

You can join as many sessions as you'd like!

**Wellbeing
Wednesday!**
03.03.21

1pm
Yoga

with Miss Edwards

Explore different yoga positions, with an animal theme! You can be a complete beginner or have tried some yoga before, it doesn't matter! Be prepared with comfortable clothes, and if you have a mat or towel, bring that along too!

Afternoon

12pm

Virtual walk in the woods

with Mr Williams

Join Mr Williams for a relaxing lunchtime stroll around the woodlands. Virtually of course!

2pm

Virtual Museum Tour

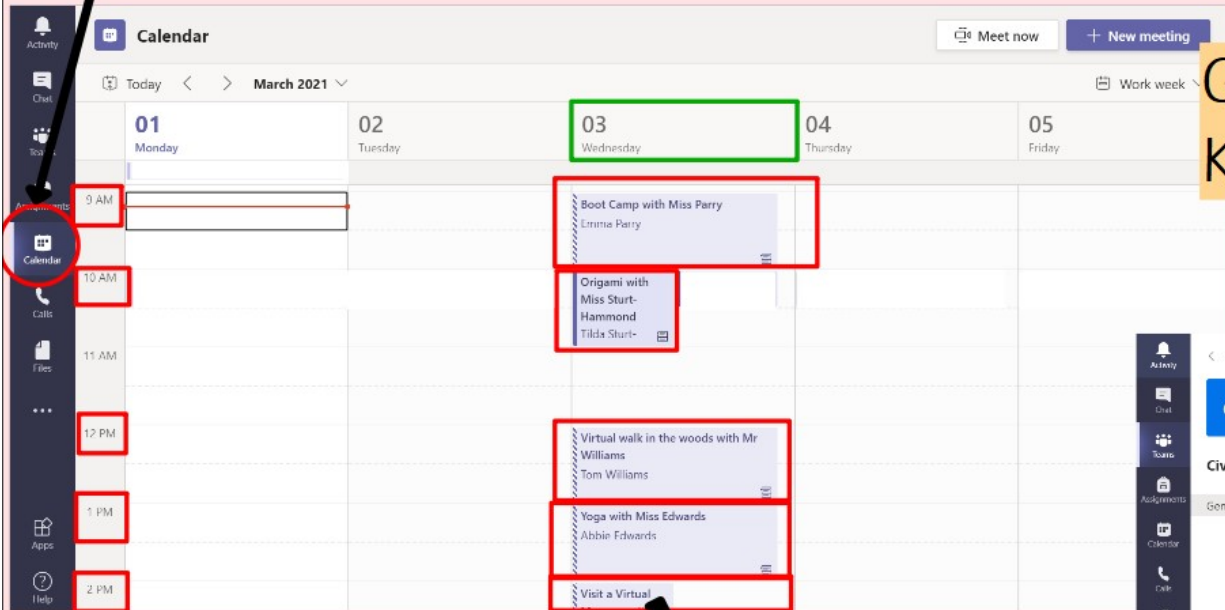
with Mrs Rapley

Lockdown won't stop us going on a school trip. In this session you will have an opportunity to visit a museum – virtually!

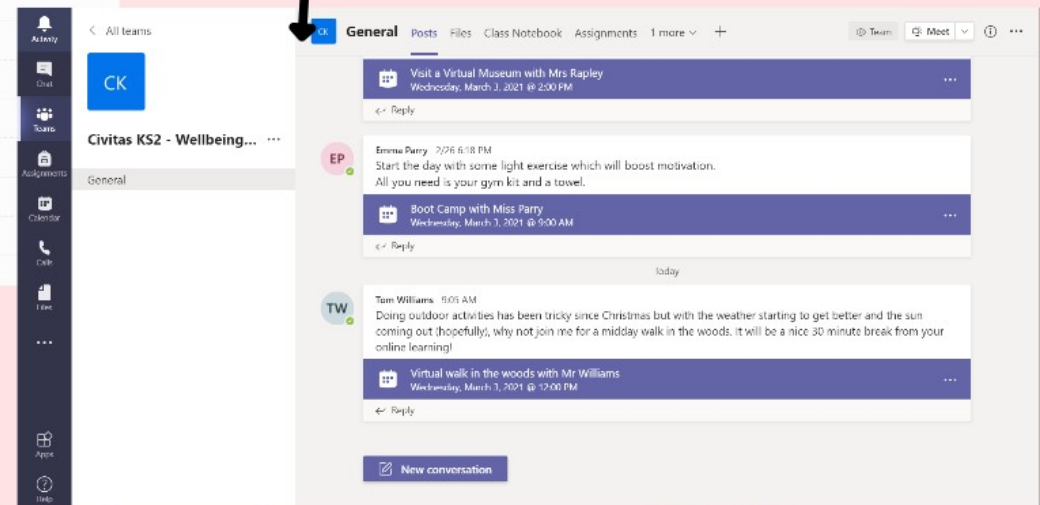
How to join the Wellbeing Wednesday sessions.

Click on calendar.

There are two ways.



Go into the
KS2 - Wellbeing Wednesday Team



Then click on the session you'd like to join at the correct time.

Click on the session you'd like to join.