

# HALF TERM ACTIVITY TIMETABLE

Welcome! Here are some ideas & links you can click on, which will direct you to resources & activities to keep you active over half term.

Monday 25<sup>th</sup> May

#MondayMotivation



- ❖ EY & KS1 - Learn about the animals of the world & the way they move with [Andy's Wild Workouts](#) . Pick 5 videos you would like to try. Can you complete all 5 of them today?
- ❖ KS2 – Join the [Nike Move Crew](#) & accomplish today's activity mission set out by a famous face. There are lots of missions for you to complete at home with your family. So, what are you waiting for?
- ❖ KS3 & 4 – Try a workout from [Fitness Blender](#) . There are lots of different exercise videos, which can be filtered by difficulty. It's your choice! Aim to get active & increase your heart rate, can you be active for at least 30 minutes today?

Tuesday 26<sup>th</sup> May

#ChallengeTuesday



- ❖ EY & KS1 – Take a look at the activities from [Healthy Movers](#) . You will find activity cards & instructional videos. They will enable children to discover how they can use their bodies to make different movements.
- ❖ KS2 – Have some fun & compete against yourself! Pick from a range of [60 Second Challenges](#). These will test a range of physical skills. How many you can do? Which level will you achieve; bronze, silver or gold?
- ❖ KS3 & 4 – Develop your sport specific skills with the [Youth Sport Trust](#) . Access activity guides & videos which take you through what you will work on & what space & equipment is needed to take part. From Athletics to Rounders, scroll down and take your pick!

Wednesday 27<sup>th</sup> May

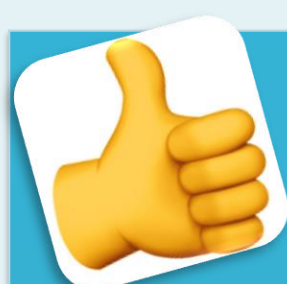
#WellnessWednesday



- ❖ EY, KS1 & 2 – Take a look at the [Learning Through Landscapes](#) home learning resources. Here you will find ideas to connect young people to nature, through learning & playing safely in the great outdoors. From guided blindfold walks, creative planting, cloud gazing, to bridge building, there is plenty to keep the mind & body active.
- ❖ KS3 & 4 – Take some time for you today & practice mindfulness with [Headspace](#). There are several short videos and audio clips on their website to give you a feel for the support they provide. It takes the listener through guided meditation exercises to help manage thoughts & feelings & to focus on finding space & kindness for yourself. There is a [Downloadable App](#) which is currently free to access with even more support to choose from.

Thursday 28<sup>th</sup> May

#FindingOutThursday



- ❖ Suitable for all – [The Scouts](#) & [Girl Guiding](#) have a whole range of resources for families to access. They aim to keep children motivated to discover new things & get creative. From crafting, to problem solving, to cooking, to performing, there will be something for everyone!

The activities have been separated by age range making it easy to see what's right for your child. Each activity has a detailed guide or instructions to follow.

Today, let's #StayHome #KeepActive & #BeatTheBoredom

Friday 29<sup>th</sup> May

#FreestyleFriday



Did you know that May is National Walking Month? Hurry, it's quickly coming to an end. So today, get out in the fresh air & join others to #WalkThisMay

- ❖ KS1 & 2 – [Living Streets](#) have provided resources and activity ideas to inspire families to keep their walk exciting & interesting. They include things that could be done before, during and after completing your walk.
- ❖ KS3 & 4 – Add some challenge to today's walk. Try some [Orienteering @ Home](#). Map out your home, outdoor space or local area & create a course for you & your family to navigate around. There are also lots of orienteering themed physical challenges & puzzles to complete.



@NorthTynesidePE



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PE, Sport & Physical Activity  
School Improvement Service