

## Social Distanced Physical Education Timetable

## Reception Week 1 Pirates

Day	Activity Break	Personal Challenge	PE Lesson
Monday	Go Noodle <a href="#">Pirate Prep</a>	Real PE <a href="#">Single Leg Balance</a>	
Tuesday	GoNoodle <a href="#">Pirate Life</a>	Real PE <a href="#">Static Balance</a>	Real PE <a href="#">Pirate Adventure</a> (Follow actions in story by clicking the numbers at bottom) <a href="#">Pirate Skills</a> (Try the progressive colour challenges at bottom)
Wednesday	Just Dance YouTube <a href="#">Pirate you should be</a>	Real PE <a href="#">Seated Balance</a>	
Thursday	GoNoodle <a href="#">Baby Shark</a>	Real PE <a href="#">Dynamic Balance</a>	Real PE <a href="#">Pirate Statues</a> (Click Speaker icon for music) <a href="#">Pirate Skills</a> (Try the progressive colour challenges at bottom)
Friday	PinkFong YouTube <a href="#">Skeleton Song</a>	Freestyle Make up own balance challenge	<a href="#">Personal Challenge</a> <a href="#">Record Sheet</a>

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## Reception Week 2 Space

Day	Activity Break	Personal Challenge	PE Lesson
Monday	YouTube <a href="#">Space Jam</a>	Davies Sports <a href="#">Hopping Challenge</a>	
Tuesday	YouTube <a href="#">Go to the Moon</a>	Davies Sports <a href="#">Quick Jump</a>	Real PE <a href="#">Moon Adventure</a> (Follow actions in story by clicking the numbers at bottom) <a href="#">Astronaut Skills</a> (Try the progressive colour challenges at bottom)
Wednesday	Just Dance YouTube <a href="#">Interstellar Simon</a>	Davies Sports <a href="#">Jump Reach</a>	
Thursday	Just Dance YouTube <a href="#">Space Dance</a>	Davies Sports <a href="#">Star Jump</a>	Real PE <a href="#">Crazy crater</a> <a href="#">Astronaut Skills</a> (Try the progressive colour challenges at bottom)
Friday	Just Dance YouTube <a href="#">Fireflies</a>	Real PE <a href="#">Jumping</a>	

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## Reception Week 3 Seaside

Day	Activity Break	Personal Challenge	PE Lesson
Monday	<p>YouTube <a href="#">Under the Sea</a></p>	<p>England Athletics Funetics <a href="#">Speed Bounce</a> (Page 1) <a href="#">Speed Bounce Video</a></p>	
Tuesday	<p>GoNoodle <a href="#">Baby Shark</a></p>	<p>England Athletics Funetics <a href="#">Standing Long Jump</a> (Page 2) <a href="#">Standing Long Jump Video</a></p>	<p>Real PE <a href="#">Seaside Adventure</a> (Follow actions in story by clicking the numbers at bottom) <a href="#">Sea Bingo</a> (Try the progressive colour challenges at bottom)</p>
Wednesday	<p>Just Dance YouTube <a href="#">Surfin' USA</a></p>	<p>England Athletics Funetics <a href="#">Vertical Jump</a> (Page 3) <a href="#">Vertical Jump Video</a> <a href="#">Vertical Jump scale</a></p>	
Thursday	<p>Just Dance YouTube <a href="#">Hot Hot Hot</a></p>	<p>England Athletics Funetics <a href="#">Target Throw</a> (Page 4) <a href="#">Target Throw Video</a></p>	<p>Real PE <a href="#">Seaside Sculptures</a> <a href="#">Wacky Water Sports</a> (Try the progressive colour challenges at bottom)</p>
Friday	<p>Zumba Kids <a href="#">Wipeout</a></p>	<p>English Athletics <a href="#">10 x 5m run</a></p>	

## Social Distanced Physical Education Timetable

## Reception Week 4 Trains

Day	Activity Break	Personal Challenge	PE Lesson
<b>Monday</b>	Go Noodle Zumba Kids <a href="#">Get Up</a>	Real PE Footwork <a href="#">Sidestep</a> Yellow Level	
<b>Tuesday</b>	Go Noodle Zumba Kids <a href="#">Dance Dance Dance</a>	Real PE Footwork <a href="#">Gallop</a> Yellow Level	Real PE <a href="#">Train Adventure</a> (Follow actions in story by clicking the numbers at bottom) <a href="#">Train Skills</a> (Try the progressive colour challenges at bottom)
<b>Wednesday</b>	Go Nooble Zuma Kids <a href="#">Cha Cha Swing</a>	Real PE Footwork <a href="#">Sidestep with Pivot</a> Green Level	
<b>Thursday</b>	Go Noodle Zumba Kids <a href="#">Turn</a>	Real PE Footwork <a href="#">Hopscotch forward</a> Green Level	Real PE <a href="#">Puffing Along</a> <a href="#">Train Skills</a> (Try the progressive colour challenges at bottom)
<b>Friday</b>	Go Noodle Zumba Kids <a href="#">Beat Go Pop</a>	Real PE Footwork <a href="#">Hopscotch Backwards</a> Green Level	