

Pathway 2 - Fitness

Here are some suggestions for fitness activities. Joe Wickes is available everyday through YouTube but we have added some other suggestions to mix up the activities and keep them fresh, exciting and interesting. There is some yoga, dancing and exercise.

There is a just dance link but if you have this game on computer you can use this too.

Here is a log so they can keep track of their activities.

	During School Hours	Out of School Hours	Total
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

https://www.youtube.com/results?search_query=joe+wicks link for Joe Wicks daily exercise

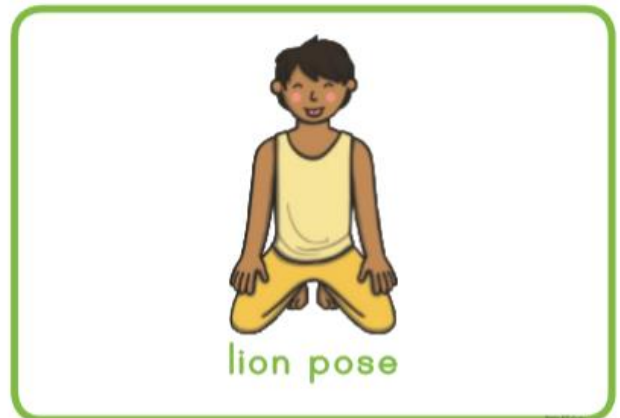
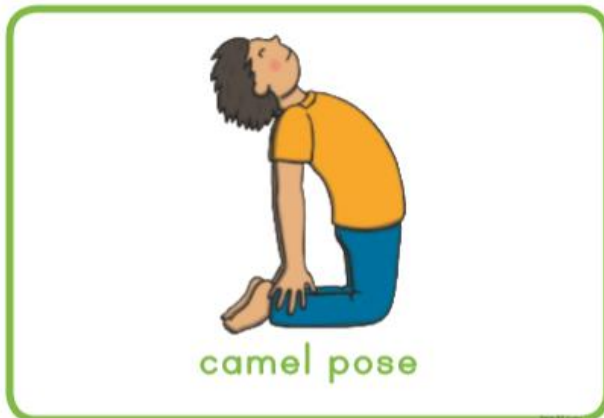
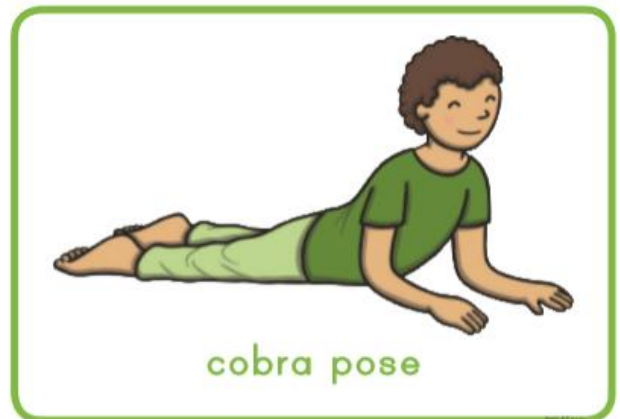
https://www.youtube.com/channel/UC58aowNEXHHnfIR_5YTtP4g link for Oti Mabuse dance class

https://www.youtube.com/results?search_query=cosmic+yoga – link for cosmic yoga

https://www.youtube.com/results?search_query=just+dance+ - link for just dance

https://www.youtube.com/results?search_query=physical+exercise+for+kids – link for physical exercise for kids

Here are some activity cards to support some gentle stretches that can be done daily to be moving.





mountain pose



flamingo pose



butterfly pose



elephant pose



warrior pose



cow pose



shoulder stand pose



downward facing dog pose

List all the different types of physical activity you have done this week. This can include walking to or from school, playing football or tag at playtime or any sport you have done in your PE lesson.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____