

My Activity Planner

A range of activities for ages 3 - 17



It's really important to try to stay active at this time, even if you have to stay at home right now.

Activity is good for your physical health but it is also good for your mental and emotional health too.

The links in this document will take you to some fantastic activities that you can do at home or whilst out exercising*.



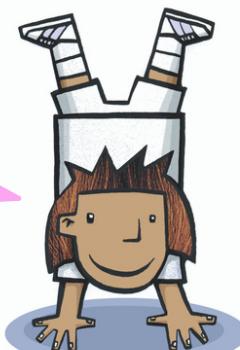
Early Years: Age 3 - PI

CLICK THE CHARACTERS TO GET MOVING!!



CBBC Andy's
Wild
Workouts!

PopSugar's
Family Fun
Workout!



50 Ways to
Experience
Outdoors!

Get fit
with
iMoves!



Check out
Cosmic Kids
Yoga!



First Level: P2, P3, P4

CLICK THE CHARACTERS TO GET MOVING!!



I love PE
with
Joe Wicks!



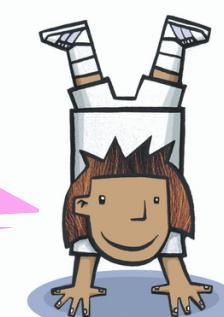
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PopSugar's
Family Fun
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Virtual
Active Schools
Sessions!



Get fit
with
iMoves!

Second Level: P5, P6, P7

My Activity Planner

CLICK THE CHARACTERS TO GET MOVING!!



I love PE
with
Joe Wicks!



PopSugar's
Family Fun
Workout!

Check out
Cosmic Kids
Yoga!



We are
Super
Movers!



Virtual
Active Schools
Sessions!



50 Ways to
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Outdoors!



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ASN

CLICK THE CHARACTERS TO GET MOVING!!



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with
Joe Wicks!



PopSugar's
Family Fun
Workout!

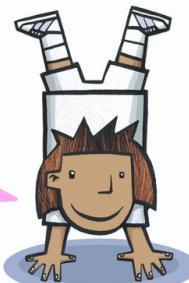


SDS
Be Active,
Be Well



50 Ways to
Experience
Outdoors!

BRING THE
NOISE!



Dance,
Dance,
Dance!!!



Get fit
with
iMoves!



My Activity
Planner

Third / Forth Level
&
Senior Phase:
S1 - S6

CLICK THE
ACTIVITY
ICONS TO
GET GOING!

John Muir
Trust -
Wild Inside



P E
with
Joe Wicks!

Yoga !



PopSugar
Fitness:
Cardio / HIIT /
Dance + more!

Virtual
Active Schools
Sessions!

