

# 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 - 5

CLICK THE CHARACTERS TO GET MOVING!!



CBBC Andy's  
Wild  
Workouts!

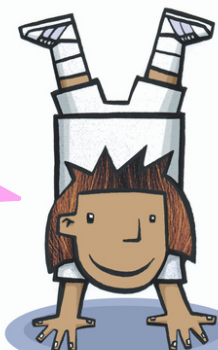
Check out  
Cosmic Kids  
Yoga!



50 Ways to  
Experience  
Outdoors!



PopSugar's  
Family Fun  
Workout!



Get fit  
with  
iMoves!



# First Level: P2, P3, P4

CLICK THE CHARACTERS TO GET MOVING!!



I love PE  
with  
Joe Wicks!



CBBC Andy's  
Wild  
Workouts!

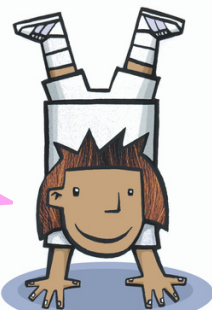
Check out  
Cosmic Kids  
Yoga!



50 Ways to  
Experience  
Outdoors!



PopSugar's  
Family Fun  
Workout!



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!



50 Ways to  
Experience  
Outdoors!



We are  
Super  
Movers!



Virtual  
Active Schools  
Sessions!



Get fit  
with  
iMoves!



# ASN

## 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!



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!

