

Summer Holiday Programme

Using the activities below 'pick n mix' various activities throughout your week – Have FUN!



South Leicestershire School Sports Partnership

Health | Well-being | School Sport | PE | Physical Activity

MOTIVATION MONDAYS	TASTY TUESDAYS	WORKOUT WEDNESDAYS	THOUGHTFUL THURSDAYS	FUNDAY FRIDAYS	SPORTY SATURDAYS	SLOW DOWN SUNDAYS
<p>Kick start the week with some high intensity moves.</p> <p>PE with Joe Wicks</p>	<p>Can you and someone in your household make a healthy snack?</p> <p>LCSSPAN Active Anita Website</p>	<p>Put some music on and skip to the beat. How many skips can you do, can you make a routine?</p>	<p>Yoga</p> <p>Check out the resources on Cosmic Kids Online Yoga</p>	<p>Choose your favourite song and dance along</p> <p>Go Noodle</p>	<p>Choose your favourite sport and practice those skills</p> <p>Then challenge your family!</p>	<p>REST DAY</p> <p>Doesn't mean you can't still be active</p>
<p>It's time to get up and go! Let's start the day with some laps</p> <p>LAP FOR THE NHS</p>	<p>Swap our your takeaway for a 'fakeaway' What about a wrap base pizza</p> <p>LCSSPAN Active Anita Website</p>	<p>Can you create a fitness circuit for you and your family using 5 different exercises?</p>	<p>Can you manage a whole day without any screen time? It's amazing how much is out there to appreciate!</p>	<p>Build yourself an assault course! Once you've made sure it is safe, time yourself and challenge your family</p>	<p>Go for a walk or a run with your family. Listen to the sounds, what can you see? Enjoy your local area</p>	<p>REST DAY</p>
<p>Set off your week with an early morning walk! Get your arms and legs pumping</p>	<p>Taste the rainbow! Can you eat 5 portions of fruit and vegetables today, that are all different colours?</p>	<p>Challenge yourself to do a Daily Mile at home</p> <p>Daily Mile Website</p>	<p>Glitter jars with Learnful Jo</p> <p>Learnful website</p>	<p>Challenge your family to a game of 'Are you more like' Go Noodle website - Are you more like sand or dirt?</p>	<p>Choose a sport to play with your family. Can you have a game for example Volleyball. Can you create your own game?</p>	<p>REST DAY</p>
HAVE	LOTS	OF	FUN	AND	KEEP	ACTIVE



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