



Monday

Wake up, have breakfast and get ready for the day.
Check Seesaw for any messages.

Task 1 - Exercise

Joe Wicks (9am)
or
Wingrove PE - Challenge John

10:30am Task 2 - Seesaw

Look on Seesaw and complete one of your set tasks.

1:30pm Task 3 - Seesaw

Look on Seesaw and complete your other set task for the day.

Afternoon or Evening

Enjoy an activity together.
For example, gardening, playing a game, baking or going on a safe walk.

Read and relax together before bed.

Tuesday

Wake up, have breakfast and get ready for the day.
Check Seesaw for any messages.

Task 1 - Exercise

Joe Wicks (9am)
or
Wingrove PE - Challenge John

10:30am Task 2 - Seesaw

Look on Seesaw and complete one of your set tasks.

1:30pm Task 3 - Seesaw

Look on Seesaw and complete your other set task for the day.

Afternoon or Evening

Enjoy an activity together.
For example, gardening, playing a game, baking or going on a safe walk.

Read and relax together before bed.

Wednesday

Wake up, have breakfast and get ready for the day.
Check Seesaw for any messages.

Task 1 - Exercise

Joe Wicks (9am)
or
Wingrove PE - Challenge John

10:30am Task 2 - Seesaw

Look on Seesaw and complete one of your set tasks.

1:30pm Task 3 - Seesaw

Look on Seesaw and complete your other set task for the day.

Afternoon or Evening

Enjoy an activity together.
For example, gardening, playing a game, baking or going on a safe walk.

Read and relax together before bed.

Thursday

Wake up, have breakfast and get ready for the day.
Check Seesaw for any messages.

Task 1 - Exercise

Joe Wicks (9am)
or
Wingrove PE - Challenge John

10:30am Task 2 - Seesaw

Look on Seesaw and complete one of your set tasks.

1:30pm Task 3 - Seesaw

Look on Seesaw and complete your other set task for the day.

Afternoon or Evening

Enjoy an activity together.
For example, gardening, playing a game, baking or going on a safe walk.

Read and relax together before bed.

Friday

Wake up, have breakfast and get ready for the day.
Check Seesaw for any messages.

Task 1 - Exercise



Joe Wicks (Fancy Dress) (9am)
or
Wingrove PE - Challenge John

10:30am Task 2 - Seesaw

Look on Seesaw and complete one of your set tasks.

1:30pm Task 3 - Seesaw

Look on Seesaw and complete your other set task for the day.

Afternoon or Evening

Enjoy an activity together.
Since it's Friday, you could watch a movie together, or as previous.

Read and relax together before bed.

Other Info.



Joe Wicks can be found at https://www.youtube.com/playlist?list=PLyCLOpd4VxBtWi7RnRLz6qHg0qWiB_LrH

Wingrove PE can be found at <https://www.youtube.com/channel/UCGfk49ZiHllrFSv3GL2k8Pg>



Seesaw tasks may direct you to Active Learn, Purple Mash, or Mathletics.



You can upload pictures of anything extra you do, to Seesaw. We always love to see what you have been up to.



Even though the guideline from the government is to stay inside, one piece of outdoor exercise a day is allowed. Many people are choosing a quiet time in the day to go on a family walk.