

Monday

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

Task 1 – Exercise

Joe Wicks (9am)
Or
Wingrove PE – Challenge John

10.30am Task 2 – Seasaw

Look on Seasaw and complete one of your set tasks.

1.30pm Task 3 – Seasaw

Look on Seasaw 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 going to bed at a sensible time.

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Other Info.

- Joe Wicks can be found at:
<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>
- Wingrove PE can be found at:
<https://www.youtube.com/channel/UCGfk49ZiHl1rFSv3GL2k8Pg>
- Seasaw tasks may direct you to Purple Mash, Mathletics or Charanga.
- You can upload pictures of anything extra you do to Seasaw. 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.