



Timetable – Monday 4th May – Sunday 10th May 2020

All activities instructions can be found <https://www.yourschoolgames.com/sgo/hamstead-hall/>.

Movement Monday	Mindful Tuesday	Wonderful Wednesday	Leadership Thursday
<p>P.E. Theme Athletics - Jumping: Complete the appropriate resource card OR select a variety of activities.</p> <p>Physical Movement and Play – Bowling Activity.</p> <p>Physical Challenge – Around the World Activity.</p> <p>TopYa School Games Championship Activity (Requires log in to TopYa App).</p>	<p>Continue to practise some of the P.E. Theme Athletics – Jumping activities OR select a variety of activities from the card.</p> <p>Physical Movement and Play – Circus Yoga.</p> <p>Physical Challenge – Bunny Jumps Activity.</p>	<p>Continue to practise some of the P.E. Theme Athletics – Jumping activities OR select a variety of activities from the card.</p> <p>Physical Movement and Play – Standing Long Jump.</p> <p>Physical Challenge – Figure 8 Activity.</p> <p>TopYa School Games Championship Activity (Requires log in to TopYa App).</p>	<p>Continue to practise some of the P.E. Theme Athletics – Jumping activities OR select a variety of activities from the card.</p> <p>Physical Movement and Play – Design a game and play.</p> <p>Physical Challenge – Obstacle Course Activity.</p>
Fun Friday	Sporty Saturday	Super Sunday	Other websites
<p>Continue to practise some of the P.E. Theme Athletics – Jumping activities OR select a variety of activities.</p> <p>Physical Movement and Play – Animal Mania.</p> <p>Physical Challenge – Skipping Activity.</p> <p>TopYa School Games Championship Activity (Requires log in to TopYa App).</p>	<p>Continue to practise some of the P.E. Theme Athletics – Jumping activities OR select a variety of activities.</p> <p>Physical Movement and Play – Cheer Motion Activity.</p> <p>Physical Challenge – Squat Jumps Activity.</p>	<p>Continue to practise some of the P.E. Theme Athletics – Jumping activities OR select a variety of activities.</p> <p>Physical Movement and Play – Skip to It Activity.</p>	<p>https://www.bbc.co.uk/teach/super-movers - Maths, English and other skills through physical activity.</p> <p>https://plprimarystars.com/</p> <p>- Maths, English, Personal and Social skills through physical activity.</p> <p>https://www.yourschoolgames.com/sgo/hamstead-hall/</p> <p>- Additional activity calendars and timetables with support materials.</p>

Would be great to see how well you are enjoying the activities

Share your activities and skills on twitter @hamsteadhallsgo use the #StayInWorkOut

