## Active Home Week- Suggested Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9.00	PE- Joe Wicks	PE- Joe Wicks	PE- Joe Wicks	PE- Joe Wicks	PE- Joe Wicks
9.30	Literacy	Literacy	Literacy	Literacy	Literacy
10.00		Take a	Break!		
10.30	Numeracy	Numeracy	Numeracy	Numeracy	Numeracy
11.00		Active Home	Week Activity		
11.30	SESE	Art	SESE	SPHE/ Music	SESE

Take a Movement Break for 5 minutes after completing each subject!



Pop See Ko 2.0 - Koo Koo Kanga Roo | GoNoodle

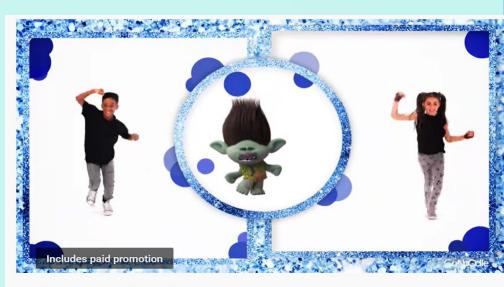


Penguin Dance | Brain Breaks | Jack Hartmann

## Ideas for Movement Breaks!



Make sure to check out all our Active Home Week Activities on the website!



Trolls: Can't Stop The Feeling | GoNoodle

Melting - Flow | GoNoodle