

## 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	<i>Take a Break!</i>				
10.30	Numeracy	Numeracy	Numeracy	Numeracy	Numeracy
11.00	<i>Active Home Week Activity</i>				
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!*



Melting - Flow | GoNoodle

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



Trolls: Can't Stop The Feeling | GoNoodle