

**Central London Active Together: Weekly Activity Planner**



School Games Organisers from across Central London have worked in collaboration to provide Central London Schools with a weekly activity planner to share with their families to help keep their children active for **60 minutes** of the day whilst at home.

You can find out further information on the work of the School Games Organisers and keep up to date with all of their daily activity updates here:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Borough** | **SGO** | **Email** | **Website** | **Social Media** |
| Camden | Naser Mohamed | [Naser.Mohamed@camden.gov.uk](mailto:Naser.Mohamed@camden.gov.uk) |  | @CamdenCouncil |
| Islington | Michael Peet | [michael.peet@islington.gov.uk](mailto:michael.peet@islington.gov.uk) | [www.islingtoncs.org/pesspa](http://www.islingtoncs.org/pesspa) | @IslingtonBC |
| Kensington and Chelsea |  |  |  |  |
| Lambeth | Alex Watts | [awatts@lns.org.uk](mailto:awatts@lns.org.uk) |  | @LNS\_PE |
| Southwark | Josh Daniels | [josh@lpessn.org.uk](mailto:josh@lpessn.org.uk) | www.lpessn.org.uk | @LPESSN |
| Wandsworth | Nick Miller | [nick.miller@southfieldsacademy.com](mailto:nick.miller@southfieldsacademy.com) | [www.wandsworthschoolgames.co.uk](http://www.wandsworthschoolgames.co.uk) | @wandschoolgames  wandsworthschoolgames |
| Westminster | Angela Emmanuel - Carr | [aemanuel@westminster.gov.uk](mailto:aemanuel@westminster.gov.uk) | <https://active.westminster.gov.uk/> | @ActiveWCC |

The more active you are, the hotter the activity is. How red can you make your week?

|  |  |  |  |
| --- | --- | --- | --- |
| Really Active | Quite Active | Not that Active | Not Active |

**From the SGO’s in Central London…. Take Care, Stay Home and Stay Active**

**Year 5 & 6**

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| --- | --- | --- | --- | --- | --- | --- |
| Activity | Timings | Monday | Tuesday | Wednesday | Thursday | Friday |
| Before School | 8.15 – 9.00 | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| Before School | 9.00 – 9.30 | [PE with Joe](https://www.youtube.com/user/thebodycoach1/videos) | [PE with Joe](https://www.youtube.com/user/thebodycoach1/videos) | [PE with Joe](https://www.youtube.com/user/thebodycoach1/videos) | [PE with Joe](https://www.youtube.com/user/thebodycoach1/videos) | [PE with Joe](https://www.youtube.com/user/thebodycoach1/videos) |
| Lesson | 9.30 – 10.30 | Literacy | Literacy | Literacy | Literacy | Literacy |
| Activity Break | 10.30 – 10.45 | [Nike Move Crew Mission 1](https://youtu.be/_vto0LGkack) | [Challenge: Target Throw](https://baconscollegelondon-my.sharepoint.com/personal/w_frimpong_baconscollege_co_uk/_layouts/15/onedrive.aspx?id=%2Fpersonal%2Fw%5Ffrimpong%5Fbaconscollege%5Fco%5Fuk%2FDocuments%2FDocuments%2FPESSN%20Schemes%20of%20Work%20Folder%2FPersonal%20Best%20Challenges%2Epdf&parent=%2Fpersonal%2Fw%5Ffrimpong%5Fbaconscollege%5Fco%5Fuk%2FDocuments%2FDocuments%2FPESSN%20Schemes%20of%20Work%20Folder&ct=1588596218911&or=OWA-NT&cid=f2dc1bda-6126-6526-11e5-e591a7b5f1e4&originalPath=aHR0cHM6Ly9iYWNvbnNjb2xsZWdlbG9uZG9uLW15LnNoYXJlcG9pbnQuY29tLzpiOi9nL3BlcnNvbmFsL3dfZnJpbXBvbmdfYmFjb25zY29sbGVnZV9jb191ay9FVVBxSU04VHJaNURrUGdoc1hjVFF0a0JwWEw3bTAxbEttZnRKOXRyOTQtdDJRP3J0aW1lPWc5WV81eWp3MTBn) | [Challenge: Falling Apples](https://www.youtube.com/watch?v=BVUvWy9liOg) | [Nike Move Crew Mission 4](https://youtu.be/qAhtx2pzFZs) | [Challenge: Wall Ball](https://www.youtube.com/watch?v=BVUvWy9liOg) |
| Break | 10.45 – 11.00 | Break with snack | Break with snack | Break with snack | Break with snack | Break with snack |
| Lesson | 11.00 -12:00 | Maths | Maths | Maths | Maths | Maths |
| Lunchtime | 12.00 – 13.00 | Lunchtime | Lunchtime | Lunchtime | Lunchtime | Lunchtime |
| Lesson | 13.00 – 14.00 | Science | History | Geography | Science | PHSE |
| Active Break | 14.00 - 14.30 | [Ball Skills](https://www.youtube.com/watch?v=t8IUYJE4TuU) | [Cosmic Kids Yoga](https://www.youtube.com/user/CosmicKidsYoga/videos?view=0&sort=p&flow=grid) | [Challenge: Dribbling a ball](https://www.youtube.com/watch?v=wpWsX39s1qI) | Inclusive -Boccia  [Boccia Activity Card](https://www.yourschoolgames.com/coronavirus-support/ngb-activities/boccia/) | [Challenge: Skipping](https://baconscollegelondon-my.sharepoint.com/personal/w_frimpong_baconscollege_co_uk/_layouts/15/onedrive.aspx?id=%2Fpersonal%2Fw%5Ffrimpong%5Fbaconscollege%5Fco%5Fuk%2FDocuments%2FDocuments%2FPESSN%20Schemes%20of%20Work%20Folder%2FPersonal%20Best%20Challenges%2Epdf&parent=%2Fpersonal%2Fw%5Ffrimpong%5Fbaconscollege%5Fco%5Fuk%2FDocuments%2FDocuments%2FPESSN%20Schemes%20of%20Work%20Folder&ct=1588596218911&or=OWA-NT&cid=f2dc1bda-6126-6526-11e5-e591a7b5f1e4&originalPath=aHR0cHM6Ly9iYWNvbnNjb2xsZWdlbG9uZG9uLW15LnNoYXJlcG9pbnQuY29tLzpiOi9nL3BlcnNvbmFsL3dfZnJpbXBvbmdfYmFjb25zY29sbGVnZV9jb191ay9FVVBxSU04VHJaNURrUGdoc1hjVFF0a0JwWEw3bTAxbEttZnRKOXRyOTQtdDJRP3J0aW1lPWc5WV81eWp3MTBn) |
| Wellbeing | 14.30 – 15.00 | Art | Music | Quiet Reading | Audiobook | Golden Time |
| After School | 15.00 – 17.00 | [Daily Mile Challenge](https://baconscollegelondon-my.sharepoint.com/personal/w_frimpong_baconscollege_co_uk/_layouts/15/onedrive.aspx?id=%2Fpersonal%2Fw%5Ffrimpong%5Fbaconscollege%5Fco%5Fuk%2FDocuments%2FDocuments%2FPESSN%20Schemes%20of%20Work%20Folder%2FPersonal%20Best%20Challenges%2Epdf&parent=%2Fpersonal%2Fw%5Ffrimpong%5Fbaconscollege%5Fco%5Fuk%2FDocuments%2FDocuments%2FPESSN%20Schemes%20of%20Work%20Folder&ct=1588596218911&or=OWA-NT&cid=f2dc1bda-6126-6526-11e5-e591a7b5f1e4&originalPath=aHR0cHM6Ly9iYWNvbnNjb2xsZWdlbG9uZG9uLW15LnNoYXJlcG9pbnQuY29tLzpiOi9nL3BlcnNvbmFsL3dfZnJpbXBvbmdfYmFjb25zY29sbGVnZV9jb191ay9FVVBxSU04VHJaNURrUGdoc1hjVFF0a0JwWEw3bTAxbEttZnRKOXRyOTQtdDJRP3J0aW1lPWc5WV81eWp3MTBn) | Ride your bike/scooter | Create your own game | Teach someone else a skill (parent/sibling) | Athletics Challenges  [Standing Long Jump](https://www.youtube.com/watch?v=KhBg9GXCC60)  [Speed Bounce](https://www.youtube.com/watch?v=Q-opt5zvd4o)  [Target Throw](https://www.youtube.com/watch?v=m1q2v0rsOJw)  [Shuttle Run](https://www.youtube.com/watch?v=e8fn_VWbhII) |

Multi Skills - <https://www.yourschoolgames.com/taking-part/our-sports/multi-skill-festivals/>

**Year 3 & 4**

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| --- | --- | --- | --- | --- | --- | --- |
| Activity | Timings | Monday | Tuesday | Wednesday | Thursday | Friday |
| Before School | 9.00 – 9.30 | [Joe Wicks](https://www.youtube.com/watch?v=K6r99N3kXME)  [Andys Wild Workouts](https://www.bbc.co.uk/iplayer/episodes/p06tmmvz/andys-wild-workouts) | [Joe Wicks](https://www.youtube.com/watch?v=K6r99N3kXME)  [Andys Wild Workouts](https://www.bbc.co.uk/iplayer/episodes/p06tmmvz/andys-wild-workouts) | [Joe Wicks](https://www.youtube.com/watch?v=K6r99N3kXME)  [Andys Wild Workouts](https://www.bbc.co.uk/iplayer/episodes/p06tmmvz/andys-wild-workouts) | [Joe Wicks](https://www.youtube.com/watch?v=K6r99N3kXME)  [Andys Wild Workouts](https://www.bbc.co.uk/iplayer/episodes/p06tmmvz/andys-wild-workouts) | [Joe Wicks](https://www.youtube.com/watch?v=K6r99N3kXME)  [Andys Wild Workouts](https://www.bbc.co.uk/iplayer/episodes/p06tmmvz/andys-wild-workouts) |
| Lesson | 9.30 – 10.30 | Literacy | Literacy | Literacy | Literacy | Literacy |
| Energiser | 10.40 – 10.45 | Get Set Tokyo Ten:  Tee Time | Nike Move Crew  [Just Dance 2020](https://www.youtube.com/watch?v=RefJ2QOsVLo) | [BBC Supermovers](https://www.bbc.co.uk/teach/supermovers)  [Go Noodle](https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/) | Nike Move Crew  [CosmicKidsYoga](https://www.youtube.com/user/CosmicKidsYoga) | [BBC Supermovers](https://www.bbc.co.uk/teach/supermovers)  [Go Noodle](https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/) |
| Break | 10.45 – 11.00 | Healthy Snack | Healthy Snack | Healthy Snack | Healthy Snack | Healthy Snack |
| Lesson | 11.00 -11.40 | Maths | Maths | Maths | Maths | Maths |
| [YST 60 Second Challenge](https://www.youthsporttrust.org/free-home-learning-resources-primary) | 12.00 – 12.15 | Around the World  Figure of 8 | Skipping | Air Balloon  Tap Up Tennis | Speed Bounce  Star Jumps | Socks in the Box |
| Lunchtime | 12.15 – 13.00 | Lunch/Play | Lunch/Play | Lunch/Play | Lunch/Play | Lunch/Play |
| Lesson | 13.00 – 14.00 | Science | History | Geography | Science | PHSE |
| Lesson | 14.00 - 14.30 | Dance lesson  [Just Dance 2020](https://www.youtube.com/watch?v=RefJ2QOsVLo) | [YST PE Home Learning](https://www.youthsporttrust.org/free-home-learning-resources-primary)  Battleships  or  [CosmicKidsYoga](https://www.youtube.com/user/CosmicKidsYoga) | [YST PE Home Learning](https://www.youthsporttrust.org/free-home-learning-resources-primary)  Golf Rolling  Tri Golf Challenge | Inclusive - Boccia  [Boccia Activity Card](https://www.yourschoolgames.com/coronavirus-support/ngb-activities/boccia/) | [YST PE Home Learning](https://www.youthsporttrust.org/free-home-learning-resources-primary)  Treasure Chest  Wacky Races |
| Wellbeing Activity | 14.30 – 15.00 | Art | Music | Quiet Reading | Audio Book | Golden Time |
| Ideas for After School | 15.00 – 17.00 | Go for a walk/  [The Daily Mile](https://thedailymile.co.uk/at-home/) | Play a Game  [The Daily Mile](https://thedailymile.co.uk/at-home/) | Bike Ride  [The Daily Mile](https://thedailymile.co.uk/at-home/) | Cookery  [The Daily Mile](https://thedailymile.co.uk/at-home/) | [The Daily Mile](https://thedailymile.co.uk/at-home/)  Music  Chill Out |

m**Years Rec - 2**

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| --- | --- | --- | --- | --- | --- | --- |
| **Activity** | **Timings** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | 8.15 – 9.00 | Include one of your 5 A-Day | Include one of your 5 A-Day | Include one of your 5 A-Day | Include one of your 5 A-Day | Include one of your 5 A-Day |
| **Morning Exercise** | 9.00 – 9.30 | [Andys Wild Workouts](https://www.bbc.co.uk/iplayer/episodes/p06tmmvz/andys-wild-workouts)  [PE with Joe](https://www.youtube.com/user/thebodycoach1) | [Andys Wild Workouts](https://www.bbc.co.uk/iplayer/episodes/p06tmmvz/andys-wild-workouts)  [PE with Joe](https://www.youtube.com/user/thebodycoach1) | [Andys Wild Workouts](https://www.bbc.co.uk/iplayer/episodes/p06tmmvz/andys-wild-workouts) [PE with Joe](https://www.youtube.com/user/thebodycoach1) | [Andys Wild Workouts](https://www.bbc.co.uk/iplayer/episodes/p06tmmvz/andys-wild-workouts) [PE with Joe](https://www.youtube.com/user/thebodycoach1) | [Andys Wild Workouts](https://www.bbc.co.uk/iplayer/episodes/p06tmmvz/andys-wild-workouts)  [PE with Joe](https://www.youtube.com/user/thebodycoach1) |
| **Learning From Home** | 9.30 – 10.30 | School Based Learning | School Based Learning | School Based Learning | School Based Learning | School Based Learning |
| **Break** | 10.30 – 10.45 | Health Snack –  1 of your 5-a-day | Healthy Snack -  1 of your 5 A-Day | Healthy Snack -  1 of your 5 A-Day | Healthy Snack -  1 of your 5 A-Day | Health Snack  1 of your 5 A-Day |
| **Midmorning Exercise** | 10.45 – 11.00 | [UKactive & Nike Move Crew](https://ukactivekids.com/movecrew/)  Day 1 | [UKactive & Nike Move Crew](https://ukactivekids.com/movecrew/)  Day 2 | [UKactive & Nike Move Crew](https://ukactivekids.com/movecrew/)  Day 3 | [UKactive & Nike Move Crew](https://ukactivekids.com/movecrew/)  Day 4 | [UKactive & Nike Move Crew](https://ukactivekids.com/movecrew/)  Day 5 |
| **Learning From Home** | 11.00 – 12.00 | School Based Learning | School Based Learning | School Based Learning | School Based Learning | School Based Learning |
| **Lunchtime** | 12.15 – 13.00 | Include 1 of 5 A-Day | Include 1 of 5 A-Day | Include 1 of 5 A-Day | Include 1 of 5 A-Day | Include 1 of 5 A-Day |
| **Afternoon Exercise** | 13.00 – 13.30 | [GetSet4PE](https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002) | [GetSet4PE](https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002) | [GetSet4PE](https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002) | [GetSet4PE](https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002) | [GetSet4PE](https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002) |
| **Fun Activity/ Online Game** | 13.30 – 14.00 | [Premier League Online Game](https://plprimarystars.com/for-families/play-game) | [Premier League Online Game](https://plprimarystars.com/for-families/play-game) | [YST PE Home Learning](https://www.youthsporttrust.org/free-home-learning-resources-primary)  Golf Rolling | Inclusive - Boccia  [Boccia Activity Card](https://www.yourschoolgames.com/coronavirus-support/ngb-activities/boccia/) | [Premier League Online Game](https://plprimarystars.com/for-families/play-game) |
| **Learning From Home** | 14.00 – 15.00 | School Based Learning | School Based Learning | School Based Learning | School Based Learning | School Based Learning |
| **Outdoor** | 15.00 – 15.30 | Outdoor walk | Outdoor walk | Outdoor walk | Outdoor walk | Outdoor walk |
| **Wellbeing Activity** | 15.30 – 16.00 | [Art at Home Project](https://www.place2be.org.uk/media/1runfy1v/the-art-room-at-home-seasons.pdf)  Day 1 | [Art at Home Project](https://www.place2be.org.uk/media/1runfy1v/the-art-room-at-home-seasons.pdf)  Day 2 | [Art at Home Project](https://www.place2be.org.uk/media/1runfy1v/the-art-room-at-home-seasons.pdf)  Day 3 | [Art at Home Project](https://www.place2be.org.uk/media/1runfy1v/the-art-room-at-home-seasons.pdf)  Day 4 | [Art at Home Project](https://www.place2be.org.uk/media/1runfy1v/the-art-room-at-home-seasons.pdf)  Day 5 |

**More Activity Resources for EYFS / KS1**

**Multi Skills / General Activity**

Youth Sport Trust Resources

<https://www.youthsporttrust.org/pe-home-learning>

<https://www.youthsporttrust.org/free-home-learning-resources-early-years>

Change for Life activities

<https://www.nhs.uk/change4life/activities/indoor-activities>

Multi Skills

<https://www.yourschoolgames.com/taking-part/our-sports/multi-skill-festivals/>

KS1 BBC Bitesize

<https://www.bbc.co.uk/bitesize/subjects/z2hs34j>

Andy's Wild Workouts

<https://www.bbc.co.uk/programmes/p06tmmvz>

Premier League Primary Stars

<https://plprimarystars.com/news/home-learning-activities-school-closures>

Go Noodle

<https://www.gonoodle.com/>

Disney Workouts

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

CBeebies

<https://www.bbc.co.uk/cbeebies/grownups/fun-exercises-to-do-at-home-with-kids>

Born to move

<https://watch.lesmillsondemand.com/born-to-move-free>

Twinkle

<https://www.twinkl.co.uk/resources/class-management/school-closure-home-learning-classroom-management-key-stage-1-year-1-year-2/physical-activity-school-closure-home-learning-classroom-management-key-stage-1-year-1-year-2>

**Inclusion /SEND**

Top Sportsability ***-*** <http://topsportsability.co.uk/> – To register, enter YSTINCLUSION25 as Inclusion lead code)

The Inclusion Club ***-*** <https://theinclusionclub.com/inclusive-lockdown-games/>

**Yoga, Dance, Zumba**

<https://www.cosmickids.com/category/watch/>

<https://www.bbc.co.uk/bitesize/topics/zdjnvcw/resources/1>

<https://www.bbc.co.uk/teach/supermovers>

<https://www.youtube.com/watch?v=ymigWt5TOV8>

<https://www.onedanceuk.org/wp-content/uploads/2020/03/Resources-to-support-remote-dance-teaching-8.pdf>

**Cycling**

<https://readysetride.co.uk/prepare>