

# FEBRUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10-star jumps 1 30 sec on the spot walking x4	YouTube: 2 Bowling 4 Corners - PE at Home	Hop like a frog 3 for 20 seconds Repeat x3	You Tube: 4 Can You Guess the Sound? /General Knowledge Trivia Fitness Quiz	5
6	Air Jump Rope 7 Jump rope for 1min x2 Try forwards, backwards and doubles	YouTube: 6 Escape Mystery Riddles/ Can you Solve it? Brain Break 8	Play the chicken dance song and dance like a chicken 9	Balance a book on your head for 15 seconds. 10 Challenge: can you walk a lap around the class?	5 squats 11 4 lunges 3 pencil jumps 2 tuck jumps 1 full body shake	12
13	Toe Taps 14 Facing a partner tap right then left feet together. Alternate for 4 x 30sec how many can you do?	YouTube: This or That! /2 Types of Dogs Brain Break Workout 15	Pencil Jumps 16 Place a pencil on the floor. 10 jumps forward & back 10 jumps side to side Repeat x4	Do the Wave 17 Make a circle around the room. Use your whole body to wave. How many circles before it breaks?	PRO D 18	19
20	Family Day 21	Walk Around Class 22 Tip toe walk 20 sec Heel walk 20 sec Repeat x4	20 knee to elbow 23 20 hand to opposite heel (behind body) 20 opposite toe touches	YouTube: 24 Rock Paper Scissors Fitness - (Virtual Physical Education)	1 min 25 Leader calls out: Run on Spot, Tuck Jump, Ski Jump	26
27	YouTube: 28 Minecraft Fitness Run! - A Virtual PE Workout Game and Brain Break					

