



ACTIVE CAMPS

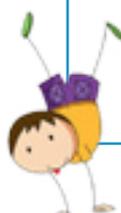


HALF TERM at home

TUESDAY



9am - 9.30am	<p>Wake up, Shake up! Get moving and start the day energised. This morning we're skipping! Try these variations to mix it up: one leg at a time, alternating, double skip.</p>		
9.30am	<p>Drink break! Remember to stay hydrated throughout the day!</p>		
9.35am - 10.45am	<table border="0"> <tr> <td data-bbox="560 1003 1018 1133"> <p>Ball & Wall A simple game, great for coordination. Try clapping or spinning before catching and jumping and catching the ball with both feet off the ground.</p> </td> <td data-bbox="1018 1003 1455 1133"> <p>Fitness Circuit 30 seconds, then rest for 30 seconds x4 - Quick steps - Jump Squats - Sofa Press Ups - Star Jumps - Bear Crawls</p> </td> </tr> </table>	<p>Ball & Wall A simple game, great for coordination. Try clapping or spinning before catching and jumping and catching the ball with both feet off the ground.</p>	<p>Fitness Circuit 30 seconds, then rest for 30 seconds x4 - Quick steps - Jump Squats - Sofa Press Ups - Star Jumps - Bear Crawls</p>
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10.45am	<p>Snack time! Send us a photo of your favourite snack #prosportcoaching </p>		
11am - 12pm	<p>Maths on the Move Head to our website and find the Maths on the Move challenge sheets for your age group here. If you finish before lunch, can you make up your own questions?</p>		
12pm	<p>Lunch - time to refuel for the afternoon ahead</p>		
12.45pm - 2pm	<p>Let's mix it up Let's break up the afternoon! If the weather is nice, head out for a walk and some fresh air. Staying inside? If an adult can help, get baking in the kitchen - show us your creations. Share how you're spending the time using #prosportcoaching, you might just inspire some others!</p>		
2pm - 3pm	<p>Tennis Here's a good one to play with a sibling or parent, or equally as good to play against a wall. Start with working on control with keep ups - how many can you do in a row? Make it a little harder and see if you can flip your racket while the ball is in the air. Next, get a rally going with a partner or against the wall!</p>		
3pm - 4pm	<p>Yoga Our dance teacher, Zoe, has put together some relaxing yoga sessions for you to try. They're easy to follow and can be done anywhere. Find the videos here</p>		





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WEDNESDAY



9am - 9.30am	<p>Make a move</p> <p>Head over to our YouTube channel and work on your dance moves with a tutorial from Zoe. Find Part 1 here and Part 2 here.</p>
9.30am	<p>Drink break! Remeber to stay hydrated throughout the day!</p>
9.35am - 10.45am	<p>Basketball</p> <p>Time to practice some ball skills. Try different rounds of dribbling, shooting hoops (don't worry if you don't have a hoop, use some chalk to draw a hoop on the wall - if you're allowed!) and passing (with a sibling or adult if possible). After some practice try a 1v1 game with an adult or sibling (if possible), tell us your score!</p>
10.45am	<p>Snack time! Send us a photo of your favourite snack #prosportcoaching </p>
11am - 12pm	<p>House Hunt</p> <p>Get yourself a pen and paper and head round the house to see how many doors, windows, door handles, cupboards and mirrors you can find. Make a guess before you start and keep a tally - how close was your guess?</p>
12pm	<p>Lunch - what's your favourite lockdown lunch?</p>
12.45pm - 2pm	<p>Dodgeball</p> <p>An Active Camps favourite, get an adult or sibling involved in this one (they'll love it!). If you haven't got sponge balls, don't worry, socks work just as well!</p>
2pm - 3pm	<p>Active at Home - six moves</p> <p>We all know how exercise is great for our physical and mental well-being. We have some great resources on our website, so head over and try one of our 'Active at Home' sheets. Just click here and try sheet 1.</p>
3pm - 4pm	<p>Learn to dance!</p> <p>Time to use your skills from this morning's tutorial and get creative. Choose your favourite song and challenge yourself to learn a routine. We'd love to see your moves, share your dance videos with us using #prosportcoaching.</p>





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THURSDAY



9am - 9.30am	<p align="center">PE with Joe Wicks</p> <p>We're sure you've seen Joe Wicks getting everyone moving. Just half an hour of different moves is a great way to start the day. Give it a go here.</p>
9.30am	<p align="center">Drink break! Remeber to stay hydrated throughout the day!</p>
9.35am - 10.45am	<p align="center">Tower Time</p> <p>Go on a scavenger hunt around the house and find 15 things that you can use to build a tower. Show us your creations using #prosportcoaching. Think you can go higher? Try swapping some items and see how tall you can get the tower.</p>
10.45am	<p align="center">Snack time!</p>
11am - 12pm	<p align="center">Maths on the Move</p> <p>We have some great maths quizzes for each year group, but there's a little twist! Head over to our Facebook page and find your quiz. There's two for each year so give them both a go. Can you beat your first score?</p>
12pm	<p align="center">Lunch</p>
12.45pm - 2pm	<p align="center">Yoga</p> <p>Dance teacher, Zoe, is back with another yoga video to try this afternoon. Yoga is great for the mind and body and is perfect to try in the garden (if the sun is shining). Find the video here.</p>
2pm - 3pm	<p align="center">Creating Rainbows</p> <p>As we'll be clapping for the heroes who are helping keep us all safe tonight, let's take some time to create a rainbow flag to show our thanks. We'd love to see your creations and share them on our Facebook page! Ask an adult to send them across to us. #clapforcars</p>
3pm - 4pm	<p align="center">Ball & Wall games</p> <p>Here's a few games to try: the floor is lava, find something to balance on and throw the ball against the wall. How many catches can you get before you fall in the lava?! Racket and ball - use a tennis racket and see how many times you can hit the ball back before it falls. Try again and see if you can beat your score.</p>





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FRIDAY



9am - 9.30am	<p>Friday Fitness Try another one of our 'Active at Home' sheets to start the day energised. Let's finish the week strong! Here's sheet 2.</p>
9.30am	Drink break!
9.35am - 10.45am	<p>Tower Time Go on a scavenger hunt around the house and find 15 things that you can use to build a tower. Show us your creations using #prosportcoaching. Think you can go higher? Try swapping some items and see how tall you can get the tower.</p>
10.45am	<p>Snack time! What's your favourite morning snack? #</p>
11am - 12pm	<p>Maths on the Move We have a great 'Maths on the Move at Home' sheet which includes activities for each year group to try. The best part, there's no need for a pen and paper! Have a go and tell us how you get on.</p>
12pm	Lunch
12.45pm - 2pm	<p>Obstacle Course Get out in the garden and get some fresh air. Use what you can find to create an obstacle course. If you're short on space, why not ask an adult to go for a walk and take some equipment with you to do your course.</p>
2pm - 3pm	<p>Arts & Crafts We'd love to see you create a picture of your favourite sport. A little challenge... find three different things from outside (leaves, twigs etc) that you can add to your picture. Show us your creations on our Facebook page or Twitter using #prosportcoaching!</p>
3pm - 4pm	<p>Tour de Lancs! Get your helmet on and head out on your bike/scooter for a challenging ride. Ask an adult to come along and maybe try a new route. Get an adult to tell us how far you got using #prosportcoaching.</p>

