

FEBRUARY 2021



Please also follow us [here](#) on twitter as we will be tweeting these and other opportunities to get involved with activities

MON

TUE

WED

THU

FRI

SAT

SUN

01

[Movers Monday](#)
Disney Dance
Challenge-
choose a dance
to suit you

02

[Tuesday PE
Activity](#)
Complete PE-
Battleships

03

[Wacky
Wednesday](#)
5 Level- Heart
raising movement
video

04

[Thursday PB
Challenge](#)
"Figure of 8" Set
by Hillingdon
Leaders [here](#) (see
how to enter
below)

05

[Fitness Friday](#)
Workouts with
film
characters-
Black panther

06

[Ready, Set, Ride](#)
Resources to
learn to ride &
have fun on a
bike

07

[Ready, Set, Ride](#)
Resources to
learn to ride &
have fun on a
bike

08

[Movers Monday](#)
Trolls can't stop
that feeling

09

[Tuesday PE
Activity](#)
Complete PE-
Cross the River

10

[Wacky
Wednesday](#)
Kung Fu Hero
Video game
workout

11

[Thursday PB
Challenge](#) "Tap
Up Tennis" Set by
Hillingdon
Leaders [here](#) (see
how to enter
below)

12

[Fitness Friday](#)
Workouts with
film
characters-
Harry Potter-
Snape

13

[Daily Mile at
Home](#)
Week 1: With 3
challenges to try
over the week- let
get started over
the weekend

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Daily Mile at
Home
Week 1: lots more
info on the
website [here](#)

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16

17

18

19

20

21

Half Term

Make sure you stay active daily. Maybe go back to your favourite activities or make up your own or you could sign up [here](#) to "Couch to Family Fit" that has classes running 3 times a week

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[Movers Monday](#)
Just Dance:
'Waka Waka'

23

[Tuesday PE
Activity](#)
Dining Room
Table Tennis

24

[Wacky
Wednesday](#)
"Go Noodle"
Fabio Meatball
Run

25

[Thursday PB
Challenge](#) Speed
Bounce" Set by
Hillingdon
Leaders [here](#) (see
how to enter
below)

26

[Fitness Friday](#)
Kids Daily
Exercises on
YouTube

27

[Active Connect 4](#)
Challenge
someone in your
family to play

[Tower Climb
Challenge](#)
Can you complete
these as a family
over the weekend

After School Club Every Week

[YST After
school Club](#)
5PM

[YST After school
Club](#) 5PM

- Please click on the underlined word for the link to take you to the correct place
- Please click [here](#) to find the recording sheet to take part in the "Thursday Personal Best Challenges" set by Hillingdon Leaders (The first week is a practice week so no recoding needed- just try the challenge)
- Please share this recording sheet with your school so that we can then see how active your school has been
- Remember above all #StaySafe, #StayActiveAtHome and have fun- let's see if we can be active in whatever ways we can for 60mins a day (lots of small burst of activity all count)

Parents and carers are responsible for ensuring that children take part in any activity safely and follow any safety advice provided. Parents and carers are responsible for supervising activities where required and for seeking medical advice in advance if your child has a medical condition that may prevent them taking part in physical activity.