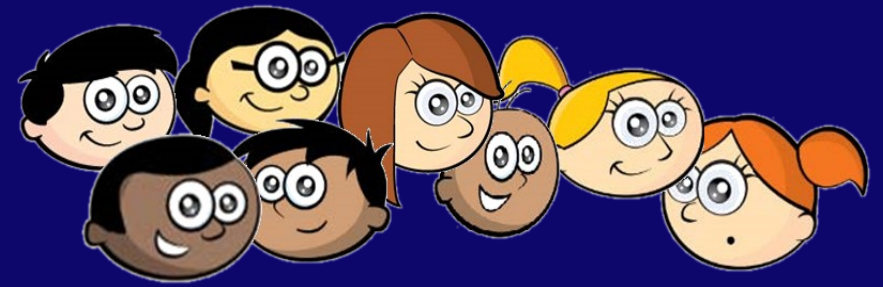




MONKSDOWN PRIMARY SCHOOL
REMOTE LEARNING ACTIVITIES
Respect, Resilience, Resourcefulness &
Responsibility.



Key Stage 1

Date: 1.2.21

Physical Education - Daily Activities

Monday

Fitness - [PE with Joe](#)

Gymnastics - [Introduction to basic balance](#)

Dance - [Go Noodle - Purple Stew](#)

Tuesday

Yoga - [Celebrating our differences](#)

Fitness - [Andy's Wild Workouts - Mountains](#)

Dance - [Maggie Magpie](#)

Wednesday

Fitness - [PE with Joe](#)

Games - [Super Skills - Trapping a Ball](#)

Dance - [The Loud House Dance Remix](#)

Thursday

Gymnastics - [Travelling Movements](#)

Yoga - [Yoga Bears part 1](#)

Dance - [Posh Pooch](#)

Friday

Fitness - [PE with Joe](#)

Gymnastics - [Linking Rolls and Balances](#)

Dance - [Zumba Kids - Meghan Trainor](#)

We would love to see your moves! Tweet
Mr Corrigan and Miss Farley
[@monksdownsport](#)