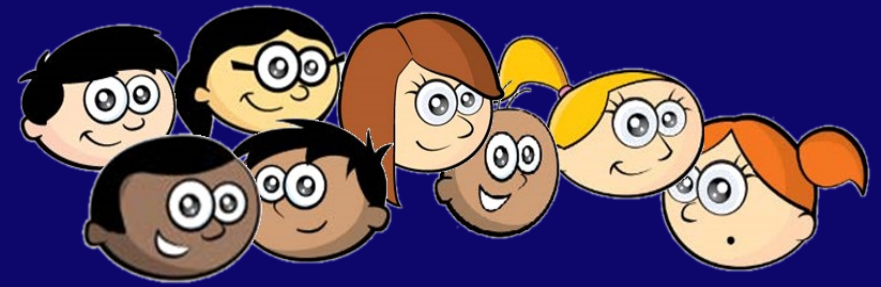




MONKSDOWN PRIMARY SCHOOL
REMOTE LEARNING ACTIVITIES
Respect, Resilience, Resourcefulness &
Responsibility.



Key Stage 2

Date: 1.2.21

Physical Education - Daily Activities

Monday

Fitness - [PE with Joe](#)

Games - [Double Bounce Skip](#)

Dance - [Just Dance - Uptown Funk](#)

Tuesday

Athletics - [Running, Jumping and Throwing](#)

Games - [Football Skill Development](#)

Yoga - [Moana](#)

Wednesday

Fitness - [PE with Joe](#)

Athletics - [Obstacles and Throwing](#)

Games - [Ball Control](#)

Thursday

Athletics - [Changing direction](#)

Fitness - [The Black Panther workout](#)

Dance - [Kidz Bob - Shut Up and Dance](#)

Friday

Fitness - [PE with Joe](#)

Dance - [Just Dance - Lean On](#)

Yoga - [Yoga with Adriene - Heart](#)

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