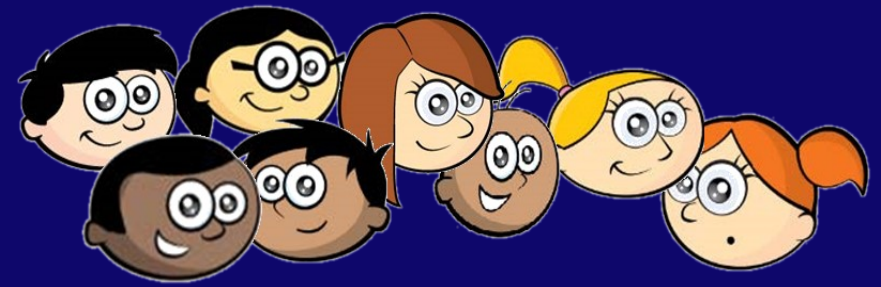




MONKSDOWN PRIMARY SCHOOL
REMOTE LEARNING ACTIVITIES
Respect, Resilience, Resourcefulness &
Responsibility.



Key Stage 2

Date: 8.2.21

Physical Education - Daily Activities

Monday

Fitness - [PE with Joe](#)

Games - [Would you rather?](#)

Dance - [Just Dance - I like to move it](#)

Tuesday

Athletics - [Shadow Boxing - Beginners](#)

Games - [Teddy Bear Challenge](#)

Yoga - [Super Yoga](#)

Wednesday

Fitness - [PE with Joe](#)

Athletics - [Shadow Boxing - Session 2](#)

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

Thursday

Athletics - [Shadow Boxing - Session 3](#)

Fitness - [Star Wars - Jedi Training](#)

Dance - [Kidz Bob - Breaking Me](#)

Friday

Fitness - [PE with Joe](#)

Dance - [Just Dance - Jump Up](#)

Athletics - [Box Fit](#)

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