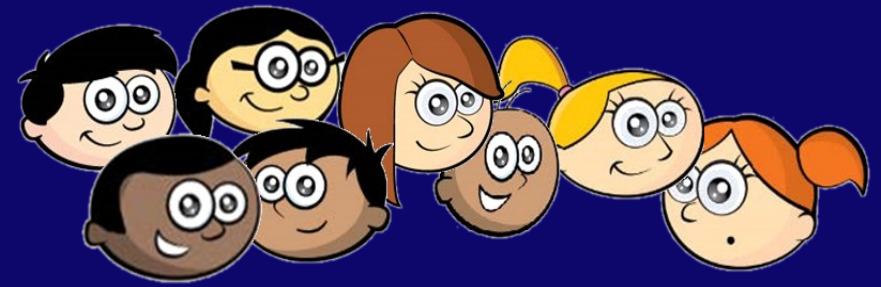




MONKSDOWN PRIMARY SCHOOL  
REMOTE LEARNING ACTIVITIES  
Respect, Resilience, Resourcefulness &  
Responsibility.



Key Stage 1

Date: 18.1.21

Physical Education - Daily Activities

### Monday

Fitness - [PE with Joe](#)

Games - [Skipping Challenge](#)

Dance - [Go Noodle - Danger Force](#)

### Tuesday

Yoga - [Go on a Safari Adventure](#)

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

Dance - [Hip Hop Granny](#)

### Wednesday

Fitness - [PE with Joe](#)

Yoga - [Yoga with Rebecca, Jojo and Gran](#)

Dance - [Go Noodle - Dance Along with Young Dylan](#)

### Thursday

Fitness - [Family Fun Cardio](#)

Yoga - [Reach for the Stars](#)

Dance - [Counting with John](#)

### Friday

Fitness - [PE with Joe](#)

Games - [Foot-Golf](#)

Dance - [Zumba for Kids](#)

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