**Physical activity**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **9-9:30** – Joe Wicks P.E. | **9-9:30** – Joe Wicks P.E. | **9-9:30** – Joe Wicks P.E. | **9-9:30** – Joe Wicks P.E. | **9-9:30** – Joe Wicks P.E. |
| **11-11:30 –** Hero Heart raiser   * Press ups * Squats * High knees * Jumping jacks * Lunges * Jog on spot   **1 MINUTE EACH EXERCISE.** | **11-11:30 –** Hero Heart raiser   * Press ups * Squats * High knees * Jumping jacks * Lunges * Jog on spot   **1 MINUTE EACH EXERCISE.** | **11-11:30 –** Hero Heart raiser   * Press ups * Squats * High knees * Jumping jacks * Lunges * Jog on spot   **1 MINUTE EACH EXERCISE.** | **11-11:30 –** Hero Heart raiser   * Press ups * Squats * High knees * Jumping jacks * Lunges * Jog on spot   **1 MINUTE EACH EXERCISE.** | **11-11:30 –** Hero Heart raiser   * Press ups * Squats * High knees * Jumping jacks * Lunges * Jog on spot   **1 MINUTE EACH EXERCISE.** |
| **2-2:15** – Evolve Health Mentor Challenge 1 (YouTube channel) | **2-2:15** – Evolve Health Mentor Challenge 2 (YouTube channel) | **2-2:15** – Evolve Health Mentor Challenge 3 (YouTube channel) | **2-2:15** – Evolve Health Mentor Challenge 4 (YouTube channel) | **2-2:15** – Evolve Health Mentor Challenge 5 (YouTube channel) |
| **3:15-3:30**  Draw and object in your house that starts with the letter **C** | **3:15-3:30**  Draw and object in your house that starts with the letter **T** | **3:15-3:30**  Draw and object in your house that starts with the letter **P** | **3:15-3:30**  Draw and object in your house that starts with the letter **L** | **3:15-3:30**  Draw and object in your house that starts with the letter **S** |
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