**KS2 ACTIVE AGENTS – WEEK 1 LINKS TO VIDEOS/RESOURCES**

Monday:

* Personal Challenge - https://www.plymouthssp.co.uk/content/home-learning/22468/ks2-active-agents
* Joe Wicks - <https://www.youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt>
* Yoga - <https://www.youtube.com/results?search_query=Cosmic+Kids+yoga+club>

Tuesday

* Home Exercises - <https://www.youtube.com/watch?v=aHVR2FnTpdk&t=1s>
* Yoga - <https://www.youtube.com/results?search_query=Cosmic+Kids+yoga+club>

Wednesday

* Gymnastics - <https://chorleygymnasticsclub.co.uk/home-learning-resources-online-content>
* Joe Wicks - <https://www.youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt>
* Yoga - <https://www.youtube.com/results?search_query=Cosmic+Kids+yoga+club>

Thursday

* Kidz Bop - <https://www.youtube.com/channel/UCsMXYJDvYOAhpaDZ4QRuqVA>
* Yoga - <https://www.youtube.com/results?search_query=Cosmic+Kids+yoga+club>

Friday

* Personal Challenge - https://www.plymouthssp.co.uk/content/home-learning/22468/ks2-active-agents
* Joe Wicks - <https://www.youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt>
* Yoga - <https://www.youtube.com/results?search_query=Cosmic+Kids+yoga+club>

**KS2 ACTIVE AGENTS – WEEK 2 LINKS TO VIDEOS/RESOURCES**

Monday

* Personal Challenge - https://www.plymouthssp.co.uk/content/home-learning/22468/ks2-active-agents
* Joe Wicks - <https://www.youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt>
* Sheila Palmquist - <https://www.youtube.com/watch?v=oWLSLpcF0iY&t=15s>

Tuesday

* Cardio - <https://www.youtube.com/watch?v=t7nrOBBfcYI&t=19s>

Wednesday

* Gymnastics - <https://chorleygymnasticsclub.co.uk/home-learning-resources-online-content>
* Joe Wicks - <https://www.youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt>
* Yoga - <https://www.youtube.com/results?search_query=Cosmic+Kids+yoga+club>

Thursday

* Kidz Bop - <https://www.youtube.com/channel/UCsMXYJDvYOAhpaDZ4QRuqVA>
* Tic Tac Toe - <https://www.youtube.com/watch?v=IRDp5HcZyVA&t=19s>

Friday

* Personal Challenge - https://www.plymouthssp.co.uk/content/home-learning/22468/ks2-active-agents
* Joe Wicks - <https://www.youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt>
* Paper Fitness - <https://www.youtube.com/watch?v=T9XIGs_lu4g&t=515s>

**KS2 ACTIVE AGENTS – WEEK 3 LINKS TO VIDEOS/RESOURCES**

Monday

* Personal Challenge - https://www.plymouthssp.co.uk/content/home-learning/22468/ks2-active-agents
* Joe Wicks - <https://www.youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt>
* Simple stretch - <https://www.youtube.com/watch?v=wK99lII1oFM&t=24s>

Tuesday

* Disney Mix - <https://www.youtube.com/watch?v=CxgD9P-kMjE&t=481s>

Wednesday

* Top 5 easy… - <https://www.youtube.com/watch?v=vO9DJ91PZ4E&t=10s>
* Joe Wicks - <https://www.youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt>
* Bop It - <https://www.youtube.com/watch?v=CIeiNqlb3MM>

Thursday

* Kidz Bop - <https://www.youtube.com/channel/UCsMXYJDvYOAhpaDZ4QRuqVA>
* Bop & Catch - <https://www.youtube.com/watch?v=ZtAX6XczXUM&t=104s>

Friday

* Personal Challenge - https://www.plymouthssp.co.uk/content/home-learning/22468/ks2-active-agents
* Joe Wicks - <https://www.youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt>
* Towel Fold - <https://www.youtube.com/watch?v=u8vGrgxPvTs&t=119s>

**KS2 ACTIVE AGENTS – WEEK 4 LINKS TO VIDEOS/RESOURCES**

Monday

* Personal Challenge - https://www.plymouthssp.co.uk/content/home-learning/22468/ks2-active-agents
* Joe Wicks - <https://www.youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt>
* Stretch & Warm Up - <https://www.youtube.com/watch?v=KnF12nKwPQI&t=172s>

Tuesday

* JT Dance - <https://www.youtube.com/watch?v=9sxifR0Ltqk&t=358s>

Wednesday

* Kids Circuit - <https://www.youtube.com/watch?v=_97QFX3w1E4&t=409s>
* Joe Wicks - <https://www.youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt>
* Sock Ball - <https://www.youtube.com/watch?v=DMTJzGaakOc&t=71s>

Thursday

* Kidz Bop - <https://www.youtube.com/channel/UCsMXYJDvYOAhpaDZ4QRuqVA>
* Move Up - <https://www.youtube.com/watch?v=UnkfAlf2UsA&t=83s>

Friday

* Personal Challenge - https://www.plymouthssp.co.uk/content/home-learning/22468/ks2-active-agents
* Joe Wicks - <https://www.youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt>
* Move Up Bowling - <https://www.youtube.com/watch?v=4tL9LZjguY8&t=113s>

**KS2 ACTIVE AGENTS – WEEK 5 LINKS TO VIDEOS/RESOURCES**

Monday

* Personal Challenge - https://www.plymouthssp.co.uk/content/home-learning/22468/ks2-active-agents
* Joe Wicks - <https://www.youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt>
* Bfitkids - <https://www.youtube.com/watch?v=TQ7KH6Xs8q4>

Tuesday

* Gymnastics - <https://www.youtube.com/watch?v=d7DqvjhrcNs&t=251s>

Wednesday

* ABC - <https://www.youtube.com/watch?v=pPceYnr4mcE&t=482s>
* Joe Wicks - <https://www.youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt>
* Reaction game - <https://www.youtube.com/watch?v=UCeB1N58Xkc>

Thursday

* Kidz Bop - <https://www.youtube.com/channel/UCsMXYJDvYOAhpaDZ4QRuqVA>
* Connect 4 - https://www.plymouthssp.co.uk/content/home-learning/22468/ks2-active-agents

Friday

* Personal Challenge - https://www.plymouthssp.co.uk/content/home-learning/22468/ks2-active-agents
* Joe Wicks - <https://www.youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt>
* Yoga - <https://www.youtube.com/results?search_query=Cosmic+Kids+yoga+club>

**KS2 ACTIVE AGENTS – WEEK 6 LINKS TO VIDEOS/RESOURCES**

Monday

* Personal Challenge - https://www.plymouthssp.co.uk/content/home-learning/22468/ks2-active-agents
* Joe Wicks - <https://www.youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt>
* Coordination - <https://www.youtube.com/watch?v=GYe1WeAEbZY>

Tuesday

* Physical Challenges - <https://www.youtube.com/results?search_query=Physical+Challenges>+

Wednesday

* Sock Flick - <https://www.youtube.com/results?search_query=PE+at+Home+The+Sock+Flick+%26+Rolling+Towel+Flip>
* Joe Wicks - <https://www.youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt>
* Bottle Flip - <https://www.youtube.com/watch?v=Ip-_n6pQqus&t=89s>

Thursday

* Kidz Bop - <https://www.youtube.com/channel/UCsMXYJDvYOAhpaDZ4QRuqVA>
* Cardio - <https://www.youtube.com/watch?v=m_8ZyTCexag&t=3s>

Friday

* Personal Challenge - https://www.plymouthssp.co.uk/content/home-learning/22468/ks2-active-agents
* Joe Wicks - <https://www.youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt>
* Physical Challenges - <https://www.youtube.com/results?search_query=Physical+Challenges>+