



# KS 1&2 LOCKDOWN TIMETABLE

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|---|--|--|---|
| PE with Joe Wicks:<br><a href="https://youtube.com/user/thebodycoach1">youtube.com/user/thebodycoach1</a>  | Les Mills Born to Move:<br><a href="https://watch.lesmillsdemand.com/born-to-move">watch.lesmillsdemand.com/born-to-move</a>          | Cosmic Kids Yoga:<br><a href="https://youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ">youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ</a>                     | PE with Joe Wicks:<br><a href="https://youtube.com/user/thebodycoach1">youtube.com/user/thebodycoach1</a>                                  | Les Mills Born to Move:<br><a href="https://watch.lesmillsdemand.com/born-to-move">watch.lesmillsdemand.com/born-to-move</a>  |
| Royal Opera House Weekly Project:<br><a href="https://learning-platform.roh.org.uk/create-and-learn/">learning-platform.roh.org.uk/create-and-learn/</a> | Scouts Activity:<br><a href="https://scouts.org.uk/activities/">scouts.org.uk/activities/</a>   | Memrise – Foreign Language Vocab:<br><a href="https://memrise.com/">memrise.com/</a>   | History Association Activity:<br><a href="https://history.org.uk/primary/categories/content">history.org.uk/primary/categories/content</a> | Home Learning Pack from TES:<br><a href="https://tes.com/teaching-resources/teacher-essentials/home-learning/primary">tes.com/teaching-resources/teacher-essentials/home-learning/primary</a> |
| Royal Institute of Science Experiment:<br><a href="https://rigb.org/families/experimental">rigb.org/families/experimental</a>                            | Mindfulness at 11am:<br><a href="https://mindfulnessinschools.org/misp-sit-together/">mindfulnessinschools.org/misp-sit-together/</a> | Royal Opera House Weekly Project:<br><a href="https://learning-platform.roh.org.uk/create-and-learn/">learning-platform.roh.org.uk/create-and-learn/</a> | Mindfulness at 11am:<br><a href="https://mindfulnessinschools.org/misp-sit-together/">mindfulnessinschools.org/misp-sit-together/</a>      | English with Holly Spellathon at 11am:<br><a href="https://facebook.com/pg/englishwithhollytutoring/events">facebook.com/pg/englishwithhollytutoring/events</a>                               |
| Daily TEDed Video:<br><a href="https://ed.ted.com/">ed.ted.com/</a>  | Daily TEDed Video:<br><a href="https://ed.ted.com/">ed.ted.com/</a>   | Daily TEDed Video:<br><a href="https://ed.ted.com/">ed.ted.com/</a>  | Daily TEDed Video:<br><a href="https://ed.ted.com/">ed.ted.com/</a>  | Daily TEDed Video:<br><a href="https://ed.ted.com/">ed.ted.com/</a>   |
| Maths on Toast:<br><a href="https://mathsontost.org.uk/fun-maths-at-home/">mathsontost.org.uk/fun-maths-at-home/</a>                                     | Draw with Rob:<br><a href="https://youtube.com/channel/UCBpgrJijMpk_pyp9uTbxLdg">youtube.com/channel/UCBpgrJijMpk_pyp9uTbxLdg</a>     | Phonics Play:<br><a href="https://new.phonicsplay.co.uk/">new.phonicsplay.co.uk/</a>   | National Literacy Trust Worksheet:<br><a href="https://literacytrust.org.uk/family-zone/">literacytrust.org.uk/family-zone/</a>            | Free e-book from Oxford Owl:<br><a href="https://home.oxfordowl.co.uk/books/free-ebooks/">home.oxfordowl.co.uk/books/free-ebooks/</a>   |