

Keep Fit Slot Challenges

This slot on the timetable can be used for any keeping healthy tasks such as:

- A nice walk with your family
- Setting up your own assault course and timing how long it takes you to complete it
- Coming up with some of your own drills (star jumps, push ups, stretches) and designing your own fitness schedule.
- Taking a break and having a play in the garden.
- Walking the dog.
- Taking part in a P.E with Joe session: [PE With Joe](#)
- Taking part in a dance class with Oti Mabuse [Oti Mabuse Official](#)
- Take part in Cosmic yoga session [Cosmic yoga](#)
- Listen to and follow a BBC Radio Key Stage 2 Dance lesson [BBC Radio Dance](#)