Introducing this weeks, Active at Home weekly timetable, with plenty of Activities to keep you busy we

can’t wait to see all the amazing progress you make.

Every Monday, Wednesday and Friday there is a sporting challenge to complete, and we would love to so how you get on. Submit these videos to our Facebook and we will be handing out some amazing prizes for the best efforts.

Have Fun, Stay Safe and Stay Active

**Premier Education Chelmsford, Braintree and Maldon**

Click Here

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| WEEK 1Logo  Description automatically generated | Monday | Tuesday | Wednesday | Thursday | Friday |
| Morning | RevitaliseYoga SessionClick Here | RevitaliseMobility FitnessClick Here | RevitaliseYoga SessionClick Here | RevitaliseMobility FitnessClick Here | RevitaliseYoga SessionClick Here |
| Lunch | EnergiseDance SessionClick Here | EnergiseDance SessionClick Here | EnergiseDance SessionClick Here | EnergiseDance SessionClick Here | EnergiseDance SessionClick Here |
| Afternoon | Capitalise Challenge- How many Clap Catches can you do[Click Here](https://youtu.be/2Ac4gjNuhLw) | CapitaliseGymnasticsClick Here | Capitalise Challenge- Show us your trick shots.[Click Here](https://youtu.be/vb1zh3gqF_w) | CapitaliseGymnasticsClick Here | Capitalise Challenge- Keep the ball of the floor challenge[Click Here](https://youtu.be/bSlZcs-O9aM) |

