

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

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| WEEK 1  Logo  Description automatically generated | Monday | Tuesday | Wednesday | Thursday | Friday |
| Morning | Revitalise  Yoga Session    Click Here | Revitalise  Mobility Fitness    Click Here | Revitalise  Yoga Session    Click Here | Revitalise  Mobility Fitness    Click Here | Revitalise  Yoga Session    Click Here |
| Lunch | Energise  Dance Session    Click Here | Energise  Dance Session    Click Here | Energise  Dance Session    Click Here | Energise  Dance Session    Click Here | Energise  Dance Session    Click Here |
| Afternoon | Capitalise Challenge- How many Clap Catches can you do  [Click Here](https://youtu.be/2Ac4gjNuhLw) | Capitalise  Gymnastics  Click Here | Capitalise Challenge- Show us your trick shots.  [Click Here](https://youtu.be/vb1zh3gqF_w) | Capitalise  Gymnastics    Click Here | Capitalise Challenge- Keep the ball of the floor challenge  [Click Here](https://youtu.be/bSlZcs-O9aM) |

