

LVA 30/30 Initiative

Let's be fun, engaging and inspiring because it is proven that children learn better for 30-60minutes following an active break in lessons and cardio fitness is essential for improved learning.

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>10.00:</p> <p>KS1 Spelling Bee: https://www.bbc.co.uk/sport/supermove/rs/42612496</p> <p>KS2 Spelling rules: https://www.bbc.co.uk/sport/supermove/rs/42612499</p>	<p>10.00:</p> <p>KS1 Jack Hartman Count in 2s: https://www.youtube.com/watch?v=OCxvNtrcDIIs</p> <p>KS2 Multiples mash up: https://www.bbc.co.uk/sport/supermove/rs/42612499</p>	<p>10.00:</p> <p>KS1 Prefix and Suffix: https://www.bbc.co.uk/sport/supermove/rs/42612496</p> <p>KS2 Relative Clauses: https://www.bbc.co.uk/sport/supermove/rs/42612499</p>	<p>10.00:</p> <p>KS1 Telling the time: https://www.bbc.co.uk/sport/supermove/rs/42612496</p> <p>KS2 Prime numbers: https://www.bbc.co.uk/sport/supermove/rs/42612499</p>	<p>10.00:</p> <p>KS1 Punctuation: https://www.bbc.co.uk/sport/supermove/rs/42612496</p> <p>KS2 Punctuation: https://www.bbc.co.uk/sport/supermove/rs/42612499</p>
	<p>1.50:</p> <p>Can't touch this dance: https://app.gonoodle.com/activities/ucant-touch-this-1?s=Discover&t=Wo12/29/18-FP-3A-Happy%202019</p>	<p>1.50:</p> <p>Squish the fish yoga: https://www.youtube.com/watch?v=LhYtcadR9nw</p>	<p>1.50:</p> <p>Hit the ball: https://app.gonoodle.com/activities/hit-the-ball-yall?s=Discover&t=Wo12/29-FP-3GA-2+</p>	<p>1.50:</p> <p>Minecraft yoga: https://www.youtube.com/watch?v=02E1468SdHg&list=PL8snGkhBF7nh7p25XjBHvwrhTtb3zBlxk&index=8</p>	<p>1.50:</p> <p>Shake it off: https://www.jumpstartjonny.co.uk/</p>

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>10.00:</p> <p>KS1 Jack Hartman count in 5s: https://www.youtube.com/watch?v=amxVL9KUmq8&t=1s</p> <p>KS2 Times Tables mash up: https://www.bbc.co.uk/sport/supermove/rs/42612499</p>	<p>10.00:</p> <p>KS1 Grammar rules: https://www.bbc.co.uk/sport/supermove/rs/42612496</p> <p>KS2 Grammar rules: https://www.bbc.co.uk/sport/supermove/rs/42612499</p>	<p>10.00:</p> <p>KS1 Money: https://www.bbc.co.uk/sport/supermove/rs/42612496</p> <p>KS2 Money: https://www.bbc.co.uk/sport/supermove/rs/42612499</p>	<p>10.00:</p> <p>KS1 Adjectives and adverbs: https://www.bbc.co.uk/sport/supermove/rs/42612496</p> <p>KS2 Noun phrases: https://www.bbc.co.uk/sport/supermove/rs/42612499</p>	<p>10.00:</p> <p>KS1 Jack Hartman count in 10s: https://www.youtube.com/watch?v=7stosHbZZZg&t=9s</p> <p>KS2 Addition and Subtraction: https://www.bbc.co.uk/sport/supermove/rs/42612499</p>
	<p>1.50:</p> <p>Dynamite: https://app.gonoodle.com/activities/dynamite?s=Discover&t=W012/29/18-FP-3A-Happy%202019</p>	<p>1.50:</p> <p>Harry Potter yoga: https://www.youtube.com/watch?v=R-BS87NTV5I&index=7&list=PL8snGkhBF7nh7p25XjBHvwrhrttb3zBlxk</p>	<p>1.50:</p> <p>Gummy bear: https://www.youtube.com/watch?v=u4qpSSwAAXI</p>	<p>1.50:</p> <p>Betsy the banana yoga: https://www.youtube.com/watch?v=40SZl84Lr7A&list=PL8snGkhBF7nh7p25XjBHvwrhrttb3zBlxk&index=3</p>	<p>1.50:</p> <p>Can't stop the feeling: https://www.youtube.com/watch?v=t5y2ghDfoFE</p>