

DAILY PHYSICAL ACTIVITY TIMETABLE

Year 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEFORE SCHOOL		Multi Skills Breakfast Club			Play Leaders supervised games sessions
8.50 – 9.00	Wake Up & Shake Up		Jim The Monkey Circuit Cards		Traditional Playground Games
9.00 – 10.30 (am lessons)		PE lesson (45 mins)		PE lesson (45 mins)	Numeracy & Literacy Learning through Physical Activity
BREAK					
10.45 – 12.15 (am lessons)					
LUNCH	Play Leader Games	Games/Skills Challenges	Huff & Puff	Skipping Challenges	Huff & Puff
1.15 – 3.00 (pm lessons)			PE lesson (45 mins)		
AFTER SCHOOL ACTIVITIES	Year 1/2 Multi Skills Club		Year 1/2 PEGS Club	Rec & Year 1/2 Irish Dance Club (parent coach)	