



Health and Well Being

1. Joe Wicks

Join in with Joe Wicks' daily exercise class [live on YouTube](#) at 9am every day or follow these daily links from earlier:

[Monday exercise](#)

[Tuesday exercise](#)


[Wednesday exercise](#)

[Thursday exercise](#)


[Friday exercise](#)

2. Obstacle Course

Try making an obstacle course in the garden or your living room if you have space. Time how long your child takes to complete the course. Can they beat their time?

Move it!  **#MathsEveryoneCanAtHome**

Obstacle courses can be a fun way to use positional and directional language as well as a way to get moving!



Can you make an indoor or an outdoor obstacle course?
Draw a plan before you build it.
Describe the route using words such as over, under, through, between etc.

How long does your course take to complete?
Don't forget to share your photos or plans!

