

Arena 30/30 Active Timetable

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 15 minutes AM	Mile a day Monday Children complete x 3.5 laps challenge around the field	Thinking Tuesday Active Maths (use of the Raccoon Circles)	Wheelie Wednesday Children bring scooters etc to school (no balls day, wheels only day)	Tune it in Thursday Wake and Shake	Free Time Friday Children choose activities based on a menu of options A
Week 1 15 minutes PM	Mile a day Monday Children complete x 3.5 laps challenge around the field	Thinking Tuesday Times Tables – stick tap counting or multiplication runs/trees	Wheelie Wednesday Children bring scooters etc to school (no balls day, wheels only day)	Tune it in Thursday Sugar Smart Blast	Free Time Friday Children choose activities based on a menu of options A
Week 2 15 minutes AM	Mile a day Monday Children complete x 3.5 laps challenge around the field	Thinking Tuesday imoves - literacy	Wheelie Wednesday Bike Challenge	Tune it in Thursday Jo Wicks, Body Coach or imoves daily challenge	Free Time Friday Children choose activities based on a menu of options B
Week 2 15 minutes PM	Mile a day Monday Children complete x 3.5 laps challenge around the field	Thinking Tuesday imoves – daily challenges	Wheelie Wednesday Bike Challenge	Tune it in Thursday Go Noodle	Free Time Friday Children choose activities based on a menu of options B