



# PEPASS

Physical Education  
Physical Activity  
School Sport

together inspiring success

Twitter @PEPASSGlasgow

Activities can be adapted if you don't have equipment.

## Monthly P.E. Calendar (home learning for P4-P7)

<b>Monday</b> <b>Active Athletics</b> (speed bounce)		<b>Tuesday</b> <b>Fab Fitness</b> (circuit 1)	<b>Wednesday</b> <b>Fun Football</b> (dribbling)		<b>Thursday</b> No ball needed <b>Netball</b> (footwork)	<b>Friday</b> <b>Rugby</b> round up (target pass)		<b>Saturday</b> <b>Walk a winter mile</b> (stay safe)		<b>Sunday</b> <b>Go again!</b> Pick your favourite from this week's activities
<b>Monday</b> <b>Dance</b> Robert Burns Jig		<b>Tuesday</b> <b>Stretch for Swimming</b> (front crawl fitness)		<b>Wednesday</b> <b>Go for Gymnastics</b> (make a routine)	<b>Thursday</b> <b>Fab Fitness</b> (circuit 2)		<b>Friday</b> <b>Basketball Bounce</b> (rhythm challenge)	<b>Saturday</b> <b>Golf or Go again!</b> Pick a favourite		<b>Sunday</b> <b>Athletics challenge</b> (dress up)
<b>Monday</b> <b>Scavenger Hunt</b> (Inside or outside)		<b>Tuesday</b> <b>Fab Fitness</b> (lamp post run)	<b>Wednesday</b> ball is needed <b>Netball</b> (ball skills)	<b>Thursday</b> <b>Active Athletics</b> (vertical jump)		<b>Friday</b> <b>Fun Football</b> (keepie uppies)		<b>Saturday</b> <b>Aerobics or Go again!</b> Pick a favourite	<b>Sunday</b> <b>Table Tennis</b> (No bats required)	
<b>Monday</b> <b>Sweat for Swimming</b> (No pool, no problem)		<b>Tuesday</b> <b>It's Dance day</b> (dance routine)		<b>Wednesday</b> <b>Basketball Bounce</b> (dribble & catch)	<b>Thursday</b> <b>Rugby</b> round up (home fitness)	<b>Friday</b> <b>Go for Gymnastics</b> (name game)	<b>Saturday</b> <b>Handball</b> (Ball handling skills)		<b>Sunday</b> <b>Badminton or Go again!</b> pick a favourite	



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