

	1pm-1:30pm	4pm-4:30pm
Monday's	Sam's Chill Crew Wellbeing KS1	Don't Miss, Fitness With Chris Active KS2
Tuesday's	Sam's Superhero School Active KS1 & KS2	Tom's Travelling Tuesday's Active KS2
Wednesday's	Smile With Sophie Wellbeing KS2	Let's Get Quizzical With Sophie Happy Family Friendly
Thursday's	Sophie's Knockout Active KS2	Thunder Mental Thursday With Kane Active KS1
Friday's	Family Fitness Friday With Chris Active Family Friendly	Jas's Frenzy Friday Active Family Friendly

Challenge yourself!



You can do it!

## inspire+ are going LIVE during Lockdown 3.0!

Whether you're at school or at home, let us help you stay Happy, Healthy and Active! The team have been working super hard to be able to provide two daily videos that will be broadcast live, across all our social media channels.

We have suggested which age groups should tune in each day but in true inspire+ fashion.

We do want *everyone* to get involved!

Be sure to follow us on YouTube, Facebook, Instagram and Twitter or visit the website to join in the fun!

For any questions regarding this, please don't hesitate to call on 01476 578137.

