

Welcome to Premier Education's Home Learning Timetable , with plenty of Activities to keep you busy we can't wait to see all the amazing progress you make.

Every Monday, Wednesday and Friday there is a sporting challenge to complete, and we would love to see how you get on. Submit these videos to our Facebook and we will be handing out some amazing prizes for the best efforts.

Have Fun, Stay Safe and Stay Active

**Safe, active, together.**



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**Premier - Cambridge & Newmarket**

W/C 25<sup>th</sup> Jan



Monday

Tuesday

Wednesday

Thursday

Friday

Morning

Revitalise  
Yoga Session



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Revitalise  
Mobility Fitness



[Click Here](#)

Revitalise  
Yoga Session



[Click Here](#)

Revitalise  
Mobility Fitness



[Click Here](#)

Revitalise  
Yoga Session



[Click Here](#)

Lunch

Energise  
Dance Session



[Click Here](#)

Energise  
Dance Session



[Click Here](#)

Energise  
Dance Session



[Click Here](#)

Energise  
Dance Session



[Click Here](#)

Energise  
Dance Session



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Afternoon

Capitalise  
Challenge- How many  
Clap Catches can you do



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Capitalise  
Gymnastics



[Click Here](#)

Capitalise  
Challenge- Show us your  
trick shots.



[Click Here](#)

Capitalise  
Gymnastics



[Click Here](#)

Capitalise  
Challenge- Keep the ball  
of the floor challenge



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