



# Active at Home

Complete a daily **PE Home Learning Activity** or a **60 Second Challenge** throughout January!  
Track them using our 'Active at Home' calendar.

Monday

Tuesday

Wednesday

Thursday

Friday


Saturday


Sunday

To request **FREE** access\* to all our PE Home Learning Resources visit, [www.completeperesource.com](http://www.completeperesource.com)

\*FREE access is available to schools and teachers only.

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Happy  
New Year! 

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Rest and  
Recharge 

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Rest and  
Recharge 

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