

**3<sup>rd</sup>-5<sup>th</sup> June 2020 – ACTIVE SPORTS WEEK**

**Ms. Harte & Ms. Gallagher**

Monday	Tuesday	Wednesday	Thursday	Friday
		WARM UP You Tube Joe Wicks	WARM UP You Tube Joe Wicks	WARM UP You Tube Joe Wicks
		Scavenger Hunt Find Something-  1.Smooth 2.Rough 3.Makes a Noise	Scavenger Hunt Find Something-  1.Round 2.Yellow 3.Comes from a plant	Scavenger Hunt Find Something-  1.That has a smell 2.Man made 3.Long
		YOGA POSES Warrior and Chair Pose	YOGA POSES Mountain and Tree Pose	YOGA POSES Downward Facing Dog Pose
		HOW MANY TIMES CAN YOU BOUNCE A BALL?  ROLL A DICE AND HOP THE NUMBER	DO 5 STAR JUMPS  HOW MANY TIMES CAN YOU HOP ON ONE FOOT?	JOG ON THE SPOT FOR ONE MINUTE  DO 10 STAR JUMPS  ROLL A DICE AND JUMP THE NUMBER
		RUN RUN RUN CHALLENGE  BALANCING CHALLENGE	JUMPING ANIMALS  BUCKET THROW	FOOTBALL SHAPES  OBSTACLE COURSE
		FILL THE BUCKET	EGG AND SPOON RACE	WELLY TOSS AND LONG JUMP
		COOL DOWN COSMIC YOGA	COOL DOWN COSMIC YOGA	COOL DOWN COSMIC YOGA

All links to these items are on See Saw :D