

Challenge Yourself!

****KS2****

Can you.....

1. Throw & catch a ball 30 times (either against a wall or with a parent or sibling)? See if you can do it without dropping it!
2. Complete a pyramid set of activities - For example:
 - Set 1 = 5 Burpees
 - Set 2 = 10 Jumping Jacks + 5 Burpees
 - Set 3 = 15 Squats + 10 Jumping Jacks + 5 Burpees
 - Set 4 = 20 Spotty Dogs + 15 Squats + 10 Jumping Jacks + 5 Burpees
 - Set 5 = 25 Mountain Climbers + 20 Spotty Dogs + 15 Squats + 10 Jumping Jacks + 5 Burpees



If you would like to repeat the pyramid, please feel free! Make sure to rest and hydrate in between.

3. If you have access to YouTube or have the game anyway, do three x 'Just Dance' videos of your choice!
4. Go for a walk, run or a bike ride with a family member. If you can, record the distance
5. Hold a plank for 20 seconds, repeat 4 times!

**JUST
DANCE**

