

Challenge Yourself!

****KS1****

Can you.....

1. Throw & catch a ball 10 times (either against a wall or with a parent or sibling)? See if you can do it without dropping it!
2. Complete a circuit of activities, doing each activity 10 times?
 - i. Star jumps
 - ii. Spotty Dogs
 - iii. Air punches
 - iv. Squats
 - v. Burpees
3. Run on the spot for 30 seconds, 3 times
4. If you have access to YouTube, do 2 x 'Just Dance' videos of your choice
5. Go for a walk, run or a bike ride with a family member. If you can, record the distance



**JUST
DANCE**



