## Challenge Yourself!

## \*\*\*\*KS1\*\*\*\*

## Can you.....

- 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
- 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



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