

ACTIVE HOME WEEK 25TH - 31ST MAY

*This is to motivate young people to keep active -try out new activities, take on challenges and have fun with your family!

***Your homework this week is to complete 60 minutes or more of physical activity per day!**

*This can be skipping, dancing, jumping, hoovering, weeding, mopping floors, cleaning windows, go noodle, hopscotch, silent marching ;)

-can you remember how to do the plank?? Can you beat your parents??

-we did boxing for our spellings-can you box for 3 mins, 5 mins,20 mins??

-if you have space set up an obstacle course-jump over your school bag, crawl under a chair (safely 😊)

-balloons -use for football or volleyball

-set up mini Olympics

-use empty toilet rolls for bowling

-can you walk 10k in 7 days

-make up your own dance!

*These are just some suggestions -I cannot wait to see what my clever creative girls come up with!!

*Keep a chart of all your activities (page in with school books) and these will help our school gain an Active School Flag 😊

Please send me videos, photos and charts showing your active minutes through Seesaw or email next Sunday 31st May

Also the school will gather photos to make a video for everyone to watch and to share on social media -if you would like your photos to feature in the video - please email them by June 1st -to presactiveschool2020@gmail.com