

Virtual Sports week
June 2020



FINISH

Friday - End of Sports Week.

Fancy Dress Day (FOR CHILDREN AT HOME / Not children in school.

Send me your pictures while doing your challenge!!

Star jumps 5, Press ups 5, sit ups 5, Run on the spot 20 Seconds.

Monday

Clap Challenge- you have 30 seconds to see how many times you can clap before catching the ball.

Tuesday

How long can you hold the plank for without dropping!



Wednesday

Speed Bounce, you can use anything to jump over from one side to the other, how many jumps can you do in 30 seconds?

Thursday

How many press ups can you do in 10 Seconds? Or how many keep ups can you do with a football.

