

Sports Menu for key stage 2

starters

Joe wicks daily workout 9am on YouTube

\*Exercise Challenges how many can you do?\*

Oti Mabuse Dance class at 11-30 am on Facebook

Main Course

\*Active Monopoly\*

#stayActive on twitter –Adam Rowland – goal keeping/Alex Goldman 1st challenge

Youtube live #Gymnastics with Max Tuesday/Fridays 3-30pm

You Tube Ball handling skills for netball

Go for a jog with your dog/ Parents can you keep up the daily mile?

\*Exercise Challenges\*

Desert

Play hop scotch

Go out daily on your bike

Skip for 30 seconds 30 seconds rest x 5

\*look at attachments

Can you try each dish on the menu and by the end of the week choose your favourite starter/main course and desert?

Remember keep within the Government guidelines keep Active and Safe!