

Sports Week Activities

15 – 20 June 2020

How many can you compete in **30 seconds**?

Try the activities each day and then highlight your best score. Send these back to you teacher and we'll see which colour team has won!

Don't worry about remembering your colour team – your teacher knows which one you are in!

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
1. Tuck Jumps					
2. Touch toes					
3. Burpees					
4. Star Jumps					
5. Squat Jumps					
6. Lunges					
7. High knees run on spot					
8. Sit Ups					
9. Own exercise					
10. Own exercise					

