

Keep Fit Challenges

This lesson in the timetable can be for anything that keeps you fit and healthy.

Examples could include:

- A walk with your family
- Setting up your own assault course and timing how long it takes you to complete it. Can other people in your family complete it faster?
- Designing your own fitness warm up. You could include: star jumps, push ups, stretches etc)
- Taking part in P.E. sessions with Joe Wicks (YouTube)
- Taking part in Cosmic Yoga Sessions (YouTube)
- Dancing along to Just Dance videos (YouTube)
- Practising your gymnastics skills. For example: forward and backward rolls, cart wheels, handstands etc). Remember to do these on a soft surface though!