



	w/c 08/06/2020 Fun Activities	w/c 08/06/2020 Competition
Monday	Fun Activity 1 - Rock paper scissors Rock, Paper, Scissors Video	Challenge 1 - Shuttle Run Shuttle Run Video
Tuesday	Fun Activity 2 - There and back - There and Back Video	Challenge 2 - Standing long jump Standing Long Jump Video
Wednesday	Fun Activity 3 - Feed the animals Feed The Animals Video	Challenge 3 - Vertical jump Vertical Jump Video
Thursday	Fun Activity 4 - Nutty squirrel Nutty Squirrel Video	Challenge 4 - Speed bounce Speed Bounce Video

Friday	Fun Activity 5 - throw golf Throw Golf Video	Challenge 5 - Target throw Target Throw Video
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	w/c15/06/2020 Fun Activities	w/c15/06/2020 Competition
Monday	Fun Activity 1 - can you do 10 Keepy Uppys in a row	Challenge 1 - How many kick ups can you do in 1 minute?
Tuesday	Fun Activity 2 - can you balance 3 different objects on your foot	Challenge 2 - How long can you balance an object of your choice on your foot?
Wednesday	Fun Activity 3 - practice your football Step overs	Challenge 3 - Place an object between your feet and see how many times you can step over the object in 60s
Thursday	Fun Activity 4 - How many different ways using a football can you hit the target	Challenge 4 - Using a ball can you hit an object that you have placed at least 6ft away?

Friday

Fun Activity 5 - Penalties! Can you score a penalty into each corner of the goal

Challenge 5 - Using objects you can find to make posts, see how many penalties you can score out of 5