

Active Connect 4

Can you get 4 in a row before our next assembly on Friday 8th May?

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| Do 25 star jumps | Do 20 lunges | Do 10 Sit Ups | Do 10 <u>keepy - upps</u> |
| Try a 30 second plank | Skip for 1 minute | Throw and catch a ball 25 times | Hop on one leg 25 times |
| 10 press- ups <small>(go on your knees to make easier)</small> | Do 25 shuttle runs | Do 25 high Knees | Do 10 squats |
| Do 25 heel kicks | Run up and down stairs 10 times | Jog on the spot for 1 min | Do 10 burpees |