**P4 – Just for Fun Activities Week Beginning: 27 April**

These activities are just for some fun to keep you going – they are not compulsory, just enjoy!

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| **JOE WICKS**  Follow the link sent out by Mrs Howard on Teams every morning at 9am to join in Joe Wicks morning workout.  How many can you do in a week?  Your Challenge = 2  Youtube Channel:  www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ | **THROWING - UNDERARM**  Using some balled socks to practise throwing underarm accurately.  Use some items from your recycling.  Try to knock them over by throwing balled socks or a ball at them.  Can you make this into a bowling game and play against different people in your house? |
| **MINDFULNESS**  Complete a cosmic yoga video. Can you do all the movements exactly like the presenter?  Some links below you can use;  Harry Potter:  <https://youtu.be/R-BS87NTV5I>  Alice in Wonderland:  <https://youtu.be/u8sEfRXRuAw> | **STAMINA**  Can you scoot, cycle or run round your garden without stopping for 15 minutes?  Keep a record for how long you were able to move for. Can you increase the time each day? |

Good Luck – Mrs Howard