**P5 – 7: Just for Fun 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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| **DANCE**  Have a go at some of these Dance with Oti and Zumba links;  Shrek:  <https://youtu.be/Btxws8qvYAA>  Mary Poppins:  <https://youtu.be/hIp15TCx9nw>  Jungle Book:  <https://youtu.be/SboNzLZea0o> | **JUGGLING**  Can you learn how to juggle?  You can use rolled up socks, a growth mindset and determination is needed for this task!  Use the link tutorial to help  <https://youtu.be/JZmmOdnljG4> |
| **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