**P4 – Just for Fun Activities Week Beginning: 4 May**

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

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| **DAILY CHALLENGES - TWITTER**Check out our West Lothian Daily PE Challenges for Primary Schools across West Lothian.@WLPENetworkLet us know how you do on our PE ChannelVideo challenges uploaded every day for you to try! | **DANCE**Have a go at these Kidz Bop – dance along routines!Old Town Road<https://youtu.be/-0Xn4kd8xqY> Dance Monkey<https://youtu.be/6JPVKD_UT-Q>  |
| **ROLLING**Using some balled socks to practise your rolling;Using some items you have in the house; toilet roll tubes, boxes, cartons – try and see how many you can knock down in your own bowling alleyCan you make this into a game that others can join? | **FITNESS - STAMINA**Can you create your own 5 minute Fitness Challenge?Things to think about are;What will you do?Have you got a timer?Can someone else join you?How can you show the other boys and girls to share? |

Good Luck – Mrs Howard