**P4 – 7: Just for Fun Week Beginning: 18 May**

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

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| **JUST DANCE**  Have a go at some of these Just Dance routines;  Just got Paid:  <https://youtu.be/SHIL6F4fz_Y>  Sucker by Jonas Brothers;  <https://youtu.be/x8puDz2QKzs>  Timber;  <https://youtu.be/66wCy2KwlCk> | **THROWING CHALLENGE**    Can you create your own game based around throwing at targets?  Can you teach someone else your game?  What are your rules?  How do you score your game? |
| **MINDFULNESS**  Complete a cosmic yoga video. Can you do all the movements exactly like the presenter?  Some links below you can use;  Alice in Wonderland  <https://youtu.be/H6knY50atdk>  The Twits  <https://youtu.be/9vLpwN-_DGw> | **STAMINA**  Can you scoot, cycle or run round your garden without stopping for 20 minutes?  Keep a record for how long you were able to move for. Can you increase the time each day? |

Good Luck – Mrs Howard