**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