



I'm looking forward to seeing you
back at school soon. Keep smiling
and stay safe 😊

If you have use of chalk or tape, use the pavement outside your homes or when you are on your outing for the day find some pavement.





STAR JUMPS x10



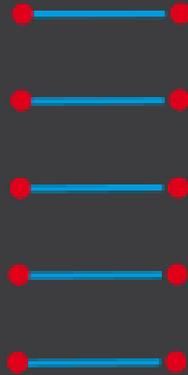
START



PRESS UPS x10



SQUATS x10



HOP x5
each leg



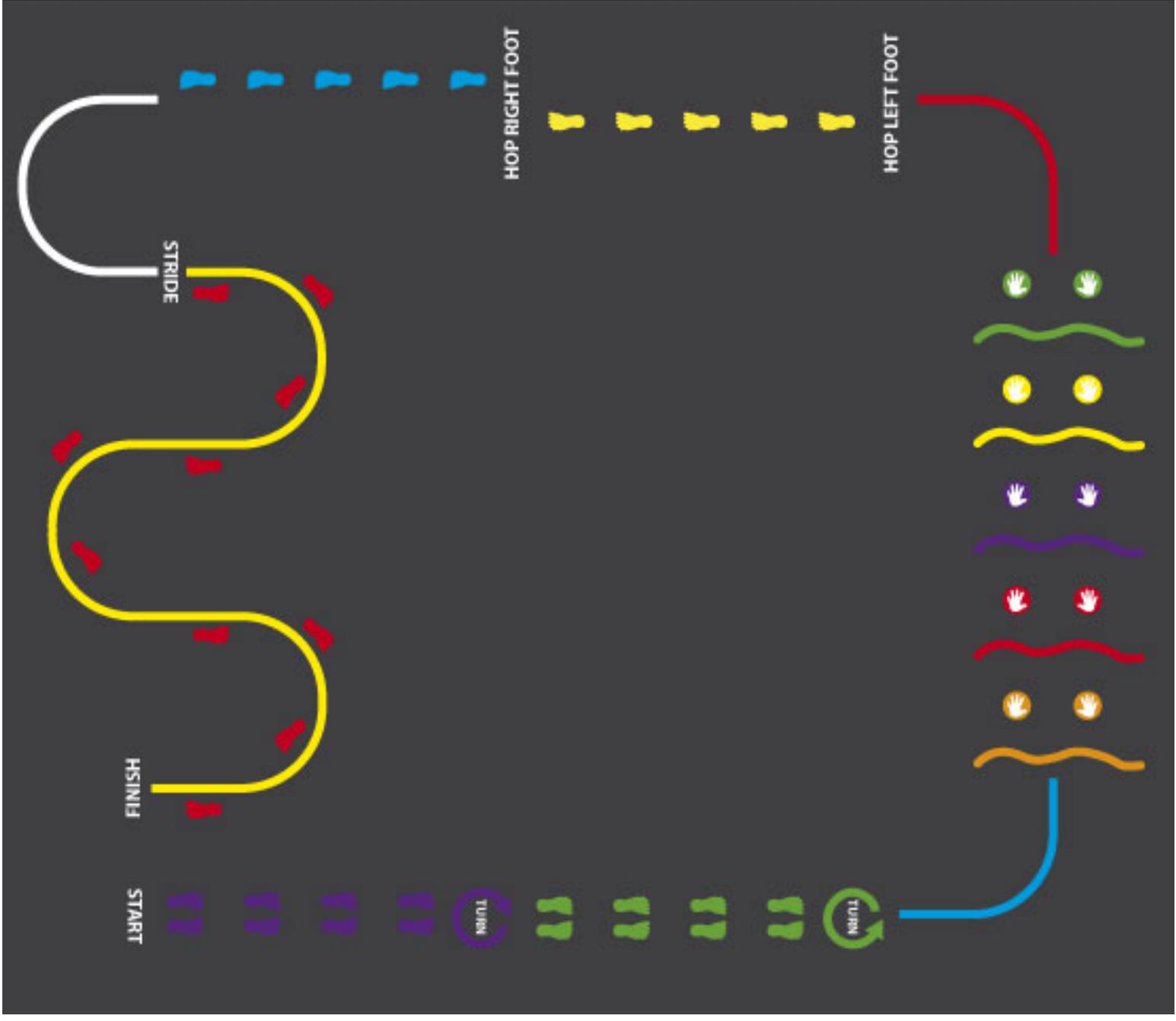
LUNGE x5
each leg

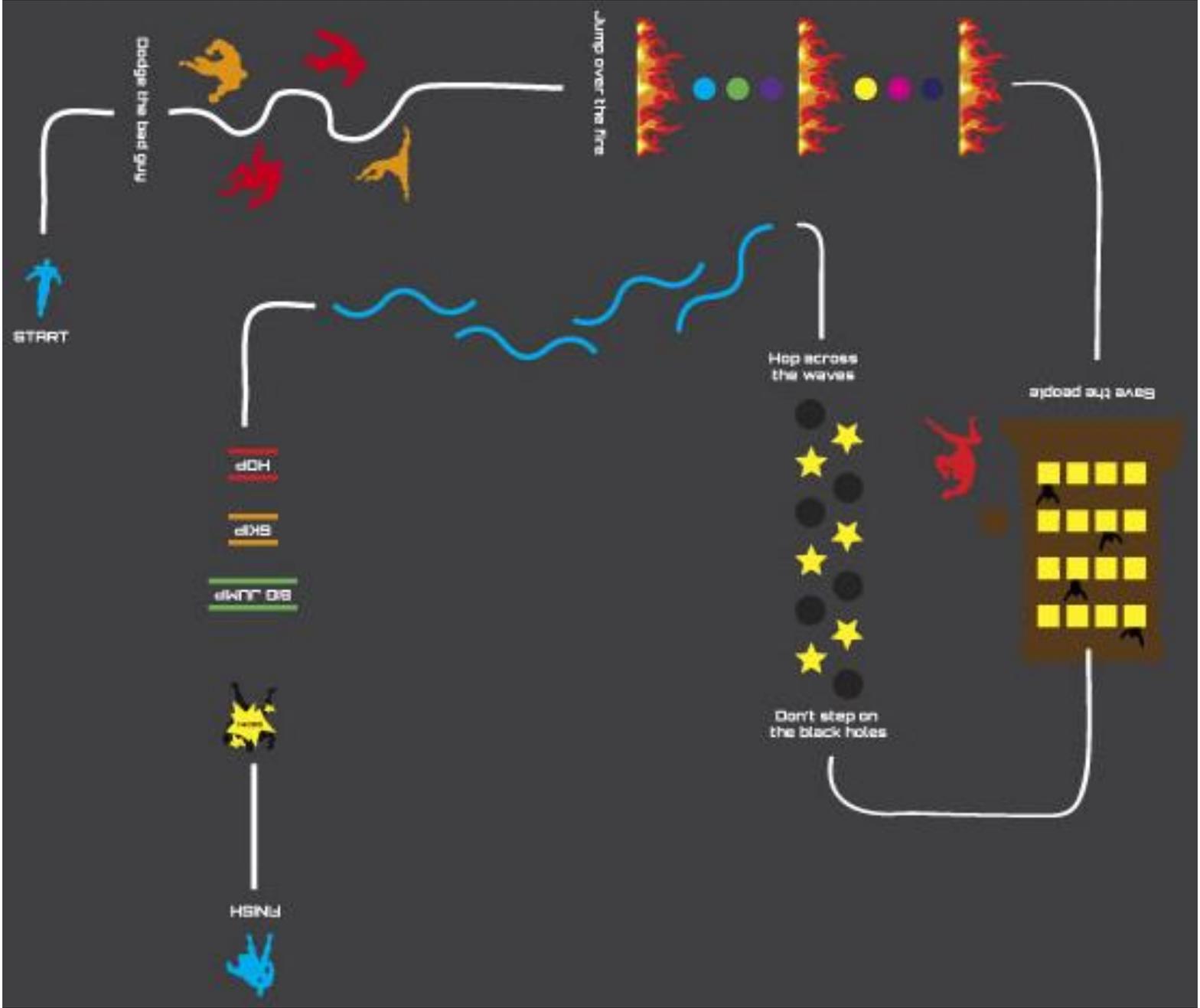


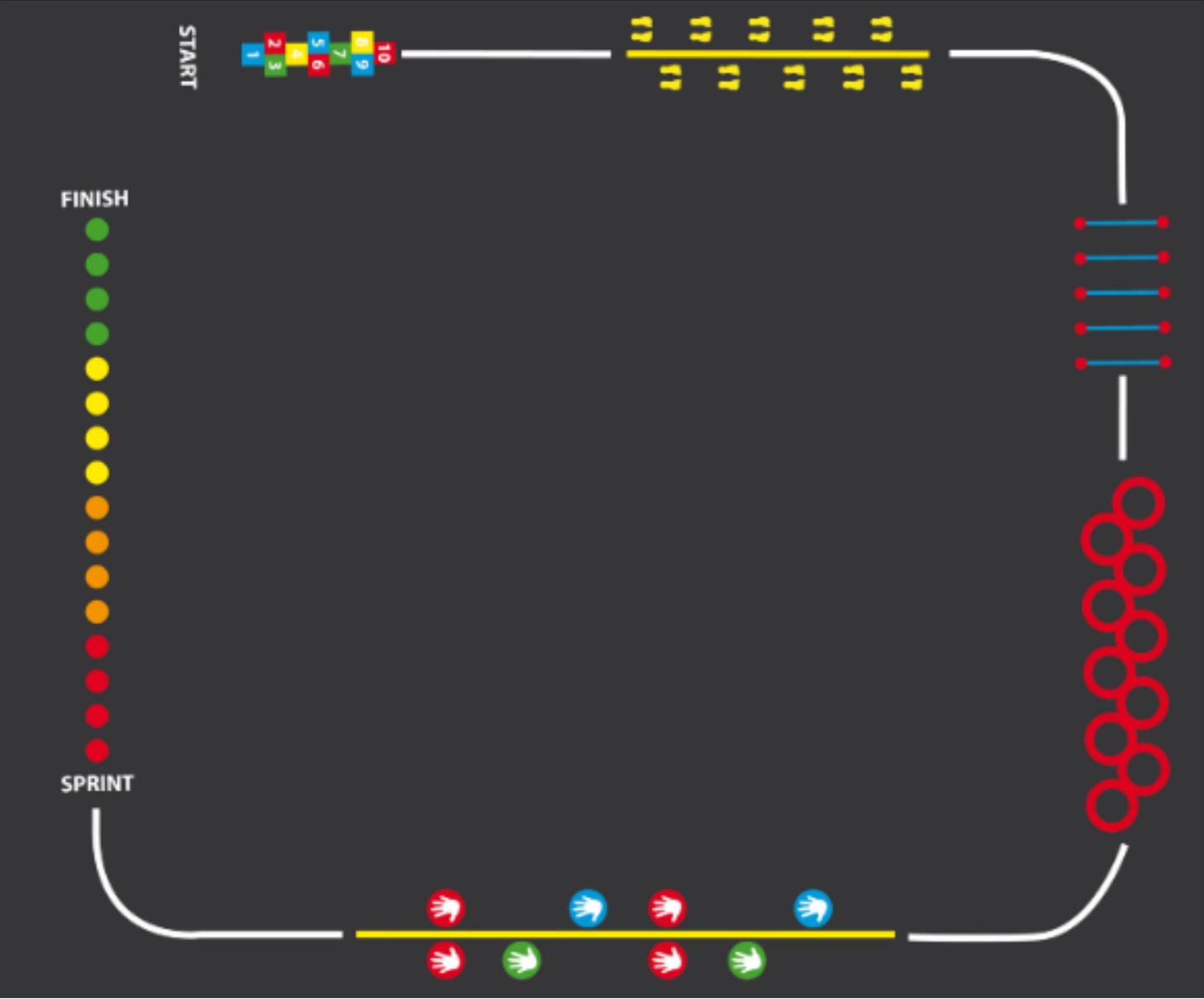
FINISH



SPRINT





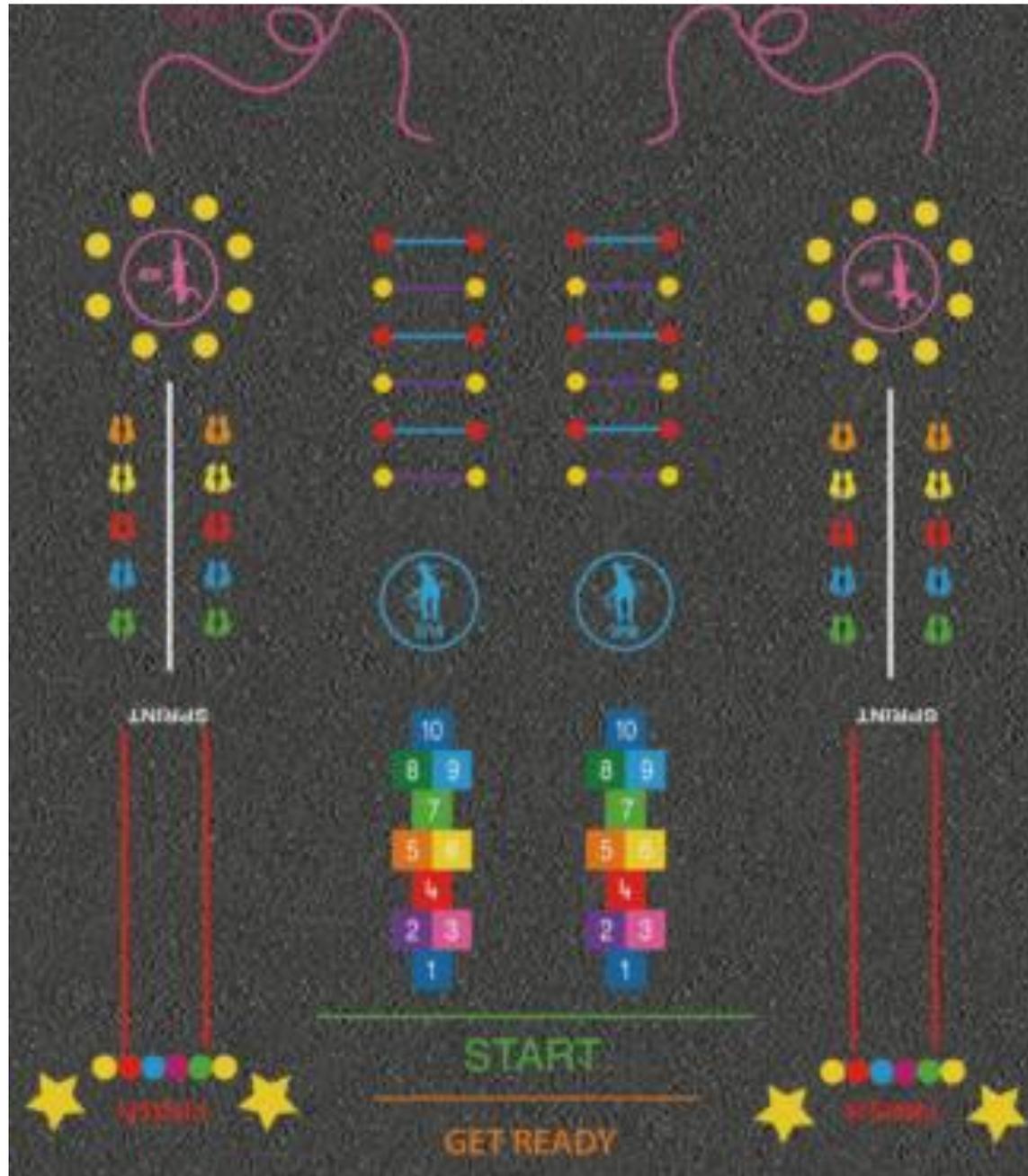


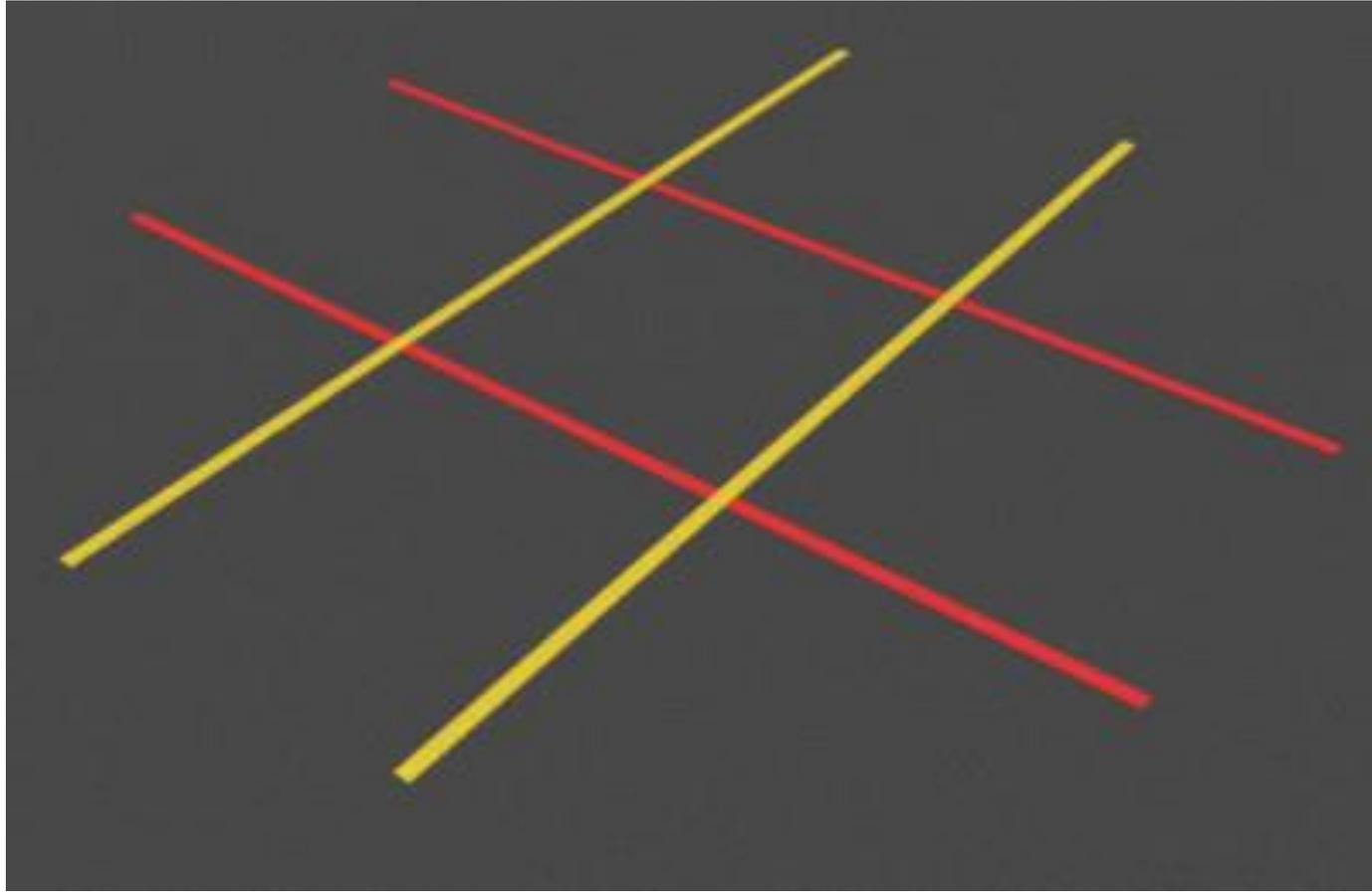




Use a ball to aim for the numbers.







Noughts and crosses



YOGA FLOW FOR Stress Relief



Triangle pose



Candle pose



Warrior



Malasana



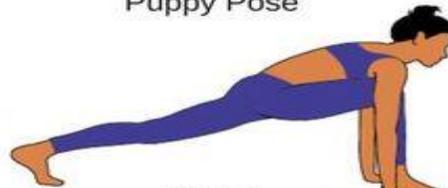
Puppy Pose



Leg up



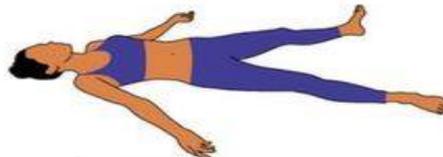
Forward Fold



High Lunge



Downward facing dog



Savasana



Cow face



Cobbler



Cat



Down Dog



Gate



Jet Plane



Cricket



Bridge



Flutterfly



Dreamer



Boat



Twister



Tree



Surfer



STAY SAFE

