

There are two activities each week. Do these activities on the days that you have PE in school!

If you would like to feature on the Active School Blog send in a photo or video to you class teacher.

Activity 1

Try the following exercises:

- Do 10 jumping jacks
- Run on the spot for 30 seconds
- Do 10 high knee kicks – hold your hands out at your waist and try and reach your knees up to them
- Balance on one foot for 5 seconds
- Skip on the spot for 30 seconds



Activity 2

<https://www.youtube.com/watch?v=nCV-8pe824k>

Click on the following link and dance along to the song 'I'm Still Standing'!

