

Ballindaggin NS Virtual Sports Week

15th 10@10	16th 10@10	17th 10@10	18th 10@10	19th 10@10
Garden Obstacle Course	Keepie Uppie Challenge	Step Challenge	Circuit Challenge	Kitchen Disco

Sports' Day is only one day so let's make this year a Sports' Week. Every day we have a new challenge for you! The principal is going to lead you everyday in a fitness challenge for 10 minutes at 10 o'clock! On Friday!

Throughout the week, we've set some challenges:

1. Can you make an obstacle course in your garden? Get someone to video you doing it and send it to your teacher.
2. Have you got a football? Try out a Keepie Uppie Challenge! How long can keep your ball from touching the ground? Seen any pros doing neat tricks with keepie uppies? Share them with your teacher.
3. How about the School's Steppiest Family? Get your family out and about and try and make as many steps as you can in the day! Can you all do 10,000 steps in your household?
4. Try out a circuit challenge - 8 exercises for 30 seconds each → Jumping Jacks, Run on the Spot, Push Ups, Squats, Boxing the Air, Hop on one Foot, Lunges, Plank! Do the full set and repeat it again and again!
5. On Friday evening, wrap up the week with a Kitchen Disco! Turn the lights off, get the music on and bop around the kitchen together to your favourite tracks.