|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| #MoveItMonday | #TargetTuesday | #DontWobbleWednesday | #ThemeThursday | #FancyDressFriday |  |  |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 8Do as many burpees as you can in 1 minute:Bronze: 10 burpeesSilver: 20 burpeesGold: 40 burpees | 9Choose a brick on the wall (maybe mark it with chalk) and try and hit it with a ball or a pair of socks as many times as you can in 2 minutes:Bronze: 1 hitSilver: 5 hitsGold: 10+ hits | 10How long can you balance on your right leg and then your left leg:Bronze: 30 secondsSilver: 45 secondsGold: 60+ seconds | 11**Head, shoulders, Knees and Toes**Throw a pair of socks in the air and attempt the HSK&T actions and catch the socks again:Bronze: HeadSilver: Head, shoulders and kneesGold: HSK&TK&T | 12To follow later in the weekBronze:Silver:Gold: | 13**Rest Day** | 14**National Schools Sports Begins – Activities to follow** |

