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| --- | --- | --- | --- | --- | --- | --- |
| #MoveItMonday | #TargetTuesday | #DontWobbleWednesday | #ThemeThursday | #FancyDressFriday |  |  |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 8  Do as many burpees as you can in 1 minute:  Bronze: 10 burpees  Silver: 20 burpees  Gold: 40 burpees | 9  Choose 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 hit  Silver: 5 hits  Gold: 10+ hits | 10  How long can you balance on your right leg and then your left leg:  Bronze: 30 seconds  Silver: 45 seconds  Gold: 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: Head  Silver: Head, shoulders and knees  Gold: HSK&TK&T | 12  To follow later in the week  Bronze:  Silver:  Gold: | 13  **Rest Day** | 14  **National Schools Sports Begins – Activities to follow** |

