

# Let's Get Moving June!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1<sup>st</sup></b> Sit ups:  30 sit ups  20 sit ups  10 sit ups	<b>2<sup>nd</sup></b> Have a go at Mr Hutchinson's Challenge 6 – earn points for your class and House Team!  60 times  40 times  20 times	<b>3<sup>rd</sup></b> Star jumps:  3 minutes  2 minutes  1 minute	<b>4<sup>th</sup></b> Balance on right leg:  3 minutes  2 minutes  1 minute	<b>5<sup>th</sup></b> Balance on left leg:  3 minutes  2 minutes  1 minute	<b>6<sup>th</sup></b> Create your own throwing and catching game.	<b>7<sup>th</sup></b> Teach the people at home your game. Who can score the most points?
<b>8<sup>th</sup></b> Jogging:  15 minutes  10 minutes  5 minutes	<b>9<sup>th</sup></b> Have a go at Mr Hutchinson's Challenge 7 – earn points for your class and House Team!	<b>10<sup>th</sup></b> Tuck jumps (in a row):  30 jumps  20 jumps  10 jumps	<b>11<sup>th</sup></b> Push ups:  20+ push ups  15 push ups  10 push ups	<b>12<sup>th</sup></b> Plank:  1+ minute  45 seconds  30 seconds	<b>13<sup>th</sup></b> Use a pack of cards and create a game involving different exercises for the different suits.	<b>14<sup>th</sup></b> Teach the people at home your game. Who can score the most points?
<b>15<sup>th</sup></b> Lunges on both legs:  30 each leg  20 each leg  10 each leg	<b>16<sup>th</sup></b> Have a go at Mr Hutchinson's Challenge 8 – earn points for your class and House Team!	<b>17<sup>th</sup></b> Squats (1 minute):  20+ squats  15 squats  10 squats	<b>18<sup>th</sup></b> Hopping (right leg):  50+ hops  25 hops  15 hops	<b>19<sup>th</sup></b> Hopping (left leg):  50+ hops  25 hops  15 hops	<b>20<sup>th</sup></b> Learn some new yoga poses – watch a YouTube video to help.	<b>21<sup>st</sup></b> Practise new yoga poses. Can you balance for longer than you did yesterday? Teach them to someone in your house.
<b>22<sup>nd</sup></b> High knees jogging:  1+ minute  45 seconds  20 seconds	<b>23<sup>rd</sup></b> Have a go at Mr Hutchinson's Challenge 9 – earn points for your class and House Team!	<b>24<sup>th</sup></b> Step jumps (in a row):  40+ jumps  20 jumps  10 jumps	<b>25<sup>th</sup></b> Burpees (in a row):  20+ burpees  15 burpees  10 burpees	<b>26<sup>th</sup></b> 10m shuttle runs:  40+ runs  30 runs  20 runs	<b>27<sup>th</sup></b> Go outside and be active with someone from your household. Go for a walk, jog, or a bike ride – whatever you want!	<b>28<sup>th</sup></b> Go outside and jump over things, balance along things and move in different ways.
<b>29<sup>th</sup></b> Jump squats (1 minute):  20+ squats  15 squats  10 squats	<b>30<sup>th</sup></b> Have a go at Mr Hutchinson's Challenge 10 – earn points for your class and House Team!	<p align="center"><b>Let's get moving in June, Team Viewley!</b></p> <p align="center">Try each of these activities with the people at home.</p> <p align="center">Challenge yourself to get as many Bronze, Silver and Golds as you can!</p> <p align="center">Keep track and tweet @MissShadforth to add points to our Virtual Sports Day.</p> <p align="center">Remember: it is super important to keep active and healthy.</p> <p align="center">Stay safe, take care and keep smiling!</p>				