

100 Challenge!





Steve - Richards Class

- 1) Necks rotation - clockwise and anti clockwise
- 2) shoulder rotation - Clockwise and Anti clockwise
- 3) leg cycling - lying down on floor
- 4) leg and hand stretches - sitting on floor
- 5) touching toe while - stretching hands sideways
- 6) squats - sitting on his feet stretching hands
- 7) balancing pose -. Inspired by yoga
- 8) hand stretching and side turns
- 9) basic jumps with hands on hips
- 10) waist training exercise





Miss Parry

100 Pancakes on Pancake day!

<https://www.youtube.com/watch?v=z8PECN6v17s>

Alishba - 100 jumps!

Saketh - 100 star jumps!

Jude - 100 laps and exercises!

Maria - 100 spins around a cone!

Megan - 100 laps of the playground!

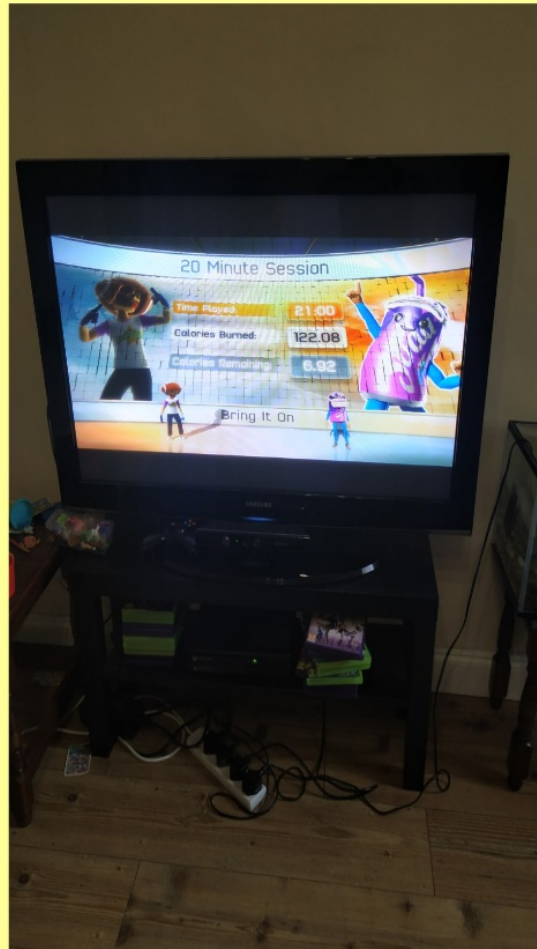
Miss Edwards



100 Skips on a skipping rope!

<https://www.youtube.com/watch?v=reMLOub7j7M>

Shazain - 100+ calories burnt!



Mr Milstead



100 hits of a ping pong ball!

<https://www.youtube.com/watch?v=pjlx9uZ8C58>

Meghana - 100 squats!



Zara - 100 steps!

