

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **ATHLETICS**    **Challenge 1**  Standing Long Jump    **Challenge 2**  10 x 5m Shuttle Run | **CRICKET**    **Challenge 1**  Wall Catch    **Challenge 2**  Bat Blast | **TENNIS**    **Challenge 1**  Target Throw    **Challenge 2**  Switch | **DANCE**    **Challenge 1** Determination  4 fitness moves  **Challenge 2** Passion  Set Routine  **Challenge 3** Self Belief  Own Choreography | **BASKETBALL**    **Challenge 1** Around the Body    **Challenge 2**  Shoot Out |
| Video support - <https://youtu.be/5_J-EiTecHQ> | Video support - <https://youtu.be/ajuEes1w8J0> | Video support - <https://youtu.be/YiGZ4QmfZz0> | Video support - – <https://youtu.be/eNmTRXfzm6E>    Link to music – Hey! https://youtu.be/m0hynO4BeRo | Video Support - <https://youtu.be/ZyKB1wESboA> |
| Athletics Celebration Video link <https://youtu.be/K48dOqviG80> | Cricket Celebration Video link <https://youtu.be/ZnzwM6XHELI> | Tennis Celebration Video Link <https://youtu.be/IbnT1G1pgd4> | Dance Celebration Video Link <https://youtu.be/JZSobCAWLYM> | Basketball Celebration Video Link https://youtu.be/2qaqMENsynk |