

### **Active Week 1: Monday**

Please choose from the following options.  
Try to complete as many activities as you can:

#### **Yoga**

Start your day with some morning Yoga.

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

#### **What's your Name Activity**

See the activity in the attached pdf. Find the letters of your name and complete the exercises.



#### **Dance**

Ciara from **Fixation Dance**

has kindly done a dance video for all the boys and girls in **NCNS**. There is a great warm up and a dance lesson.

Why not follow Ciara and her dance moves to keep fit 😊

<https://youtu.be/7jQ8D-De7rM>

#### **Sports Project**

Write about your Favourite Sports Star

Over the week think about your favourite sport and who your favourite sports star might be. Use the template to help you write about them. There is a template to suit your level.

#### **Motivational Sports Clip**

Being an athlete is not easy work. Each day we have included a motivational quote that shows they keep going and never give up even when things get hard.

<https://www.youtube.com/watch?v=kZlXWp6vFdE>