

Active Week 1: Tuesday

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=2aje33UPixE>

Simon Says Activity

See the activity in the attached pdf for some ideas. You can play this with siblings and family members to get everyone involved.



Dance <https://www.youtube.com/watch?v=9k-iThSvhRU>

Brian from Brian Fitness is doing a workout at **11am** for our Active School Week. Follow the link below. Brian has attended previous active weeks and the kids and parents enjoyed getting involved.

<https://m.facebook.com/Brians-Fitness-Classes-149891905039505/>

Sports Project

Continue to write about your Favourite Sports Star

Motivational Sports Clip

Today's clip is all about determination.

<https://www.youtube.com/watch?v=O4um3YEX51k>