

Active Week 1: Wednesday

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=u8sEfRXRuAw>

Flash Mob

Like we would in the school yard get your siblings and family involved.

<https://www.youtube.com/watch?v=wZv62ShoStY>

<https://www.youtube.com/watch?v=bguF-rbYGDl>

Dance

<https://www.youtube.com/watch?v=LkzR1GSLcHM>

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

Dreams and hopes of the future and setting goals.
Have you any goals?

<https://www.youtube.com/watch?v=-b1FO8-c-s>