

**Virtual Sports Week 2020**

Monday 15th June	Tuesday 16th June	Wednesday 17th June	Thursday 18th June	Friday 19th June
<p style="text-align: center;"><b>7's</b></p> <p>All you need is a ball. Check out the rules here:</p> <p><a href="#">7's</a></p> <p>Record yourself completing this activity and post your video and time on See Saw</p>	<p style="text-align: center;"><b>Skipping</b></p> <p>Have a go at some of these skipping challenges. Remember if you don't have a rope you can still try the Challenges .</p> <p><a href="#">Skipping Challenge Week</a></p> <p>How many skips can you do in one minute post your results to See Saw</p>	<p style="text-align: center;"><b>Exercises</b></p> <p>Boxing Arms Jump and Reaches Bear Walks Arm Circles Spotty Dogs Mountain Climbers</p> <p>If you are unsure how to do any click below.</p> <p><a href="#">Exercises</a></p>	<p style="text-align: center;"><b>Balance Challenge</b></p> <p>Get a blindfold . Choose your strongest leg. How long can you balance on one leg blindfolded. Send your video and time to your teacher on See Saw</p>	<p style="text-align: center;"><b>Fitness Boardgame:</b></p> <p>Click on the blue words to check out a fun fitness boardgame you can play with your family!</p> <p><a href="#">keep-it-moving-exercise-game.pdf</a></p>
<p style="text-align: center;"><b>Colour Challenge</b></p> <p>Say the colour not the word! This is a fun challenge and you can beat your time as you get good at it. Try and get through the whole thing quickly without making a mistake!</p> <p><a href="#">Colours.pdf</a></p> <p>Record your time and post it on See Saw</p>	<p style="text-align: center;"><b>Keepie Uppies</b></p> <p>Try out a Keepie Uppie Challenge! How long can keep your ball from touching the ground?</p> <p>Post your times on See Saw</p>	<p style="text-align: center;"><b>Family board Game</b></p> <p>Make a family board game on See Saw</p> <p>Go to your See Saw account and try your best to make a family board game</p>	<p style="text-align: center;"><b>Family Hand Shake</b></p> <p>Go to your See Saw account and try your best to make a family hand shake</p>	<p style="text-align: center;"><b>Emoji Activity</b></p> <p>Go to your See Saw account and design an Emoji to show how you feel about exercise</p>

<p><b>Kids Bop Shuffle</b></p> <p>Go to your See Saw account and following the instructions to create your own dance</p>	<p><b>Family Fitness Challenge</b></p> <p>Complete the family Fitness challenge on See Saw</p>	<p><b>Egg and spoon Race</b></p> <p>See how many times you can run around your garden/ living room without dropping the egg ! Have an egg and spoon family race ! Post your videos on See Saw</p>	<p><b>Housework Fun</b></p> <p>You need a chair and a watch. Count how many times you can stand up and sit down in 1 minute</p> <p>Washing Line challenge - How quickly can you peg 5 items on the washing line</p>	<p><b>Bop til you drop</b></p> <p>On Friday evening, wrap up the week with a Kitchen Disco! Turn the lights off, get the music on and bop around the kitchen together to your favourite tracks.</p>
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