

Hello My Falcon Friends.

Hope you are all doing well. For this week's activity I would like you to take the Get yourself moving challenge each day. Monday, Tuesday, Wednesday, Thursday, Friday on each day there are different numbers next to each exercise for you to challenge yourself to see how many you can do. Have fun and keep yourself moving. Have a great week Mrs.Wimble

M	T	W	T	F
10,20 Jumping Jacks	10,15,20 High Knees	10,15 Toe Touches	10,15 Wall push ups	10,20 Jumping Jacks
10,15,20 Mountain Climbers	10, 15 Arm Circles forwards & Backwards	20,30,60 Second Plank	20,30,60 Run fast in place	10,15 Reach to the ceiling
6,10 Push Ups	6,10,15 Sit ups	6,10 Hops on Right foot then left foot	6,8,10 Knee bends	6,8,10 Push ups
6,10 Karate Kicks with each leg	30,40,60 Seconds run in place	1 Minute skipping	10,15,30,60 seconds jump rope or hula hoop	4,6,8 Bunny with a twist
10,15,20 Ski Jumps	1 Minute walk on heels	10,15,30,60 Second wall sit	15,20,30 Seconds crab walk	8,10 Frog Jumps
1 Minute walk on your Tiptoes	10,15 Frog Jumps	10,15,20 Ski Jumps	15,20,30 Seconds bridge or table	10,15, 20 Mountain Climbers