

**FEEL  
GOOD  
FRIDAY**

# **AT ALL HALLOWS CE PRIMARY SCHOOL**

Week Two

We did a great bit of dancing last week, so have a go at this one this time:

<https://www.youtube.com/watch?v=psUPYR235O8>

**Fitness challenge for you all:**

I have copied below a 30 day spreadsheet. You can always draw your own. What you have to do is set up 30 fitness challenges, one for each of the next 30 days. You can write or draw what they are. You can do the same activity more than once, maybe just increase the number. Once you have done them put them on your wall at home and remember to do them each day. Please send them to me so that I can see what you have been doing.

Fun time! You have done a lot over the course of this week, so now is the time to chill a little and read a book or watch a film. Well done everyone!



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## 30 DAY FITNESS CHALLENGE

My daily lockdown fitness challenge.

1. Do 30 star jumps.	2. 30 				