***Edmondstown National School 2020-21***

***Active Homework***

***Monday***

*Jumping Jacks X 1 minute (3 times throughout the day)*

*High Knees x 45 seconds ( 3 times throughout the day)*

*A family walk around the block*

**Tuesday**

*Shuttle runs (Use two markers)*

*Wall sits (See how long you can last)*

*A cycle or jog around your area.*

**Wednesday**

*Keepie Uppies or shoot some hoops*

*Floor sits*

*Squats x 10 (3 times throughout the day)*

**Thursday**

*Air boxing x 45 seconds (3 times throughout the day)*

*Plank Challenge (Time yourself)*