***Active Schools- Home Schooling challenge/exercises***

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| Monday | Tuesday | Wednesday | Thursday | Friday |
| Card Exercises | Animal Walks | Family run/walk | Name the Dance | Keepie uppie challenge |
| Wall Ball | Beat the Ball | Plank challenge | Press ups x10Sit ups x10Can you do more ? ☺ | Yoga challenge with Niamh #2 |
| Copy Cat Exercises | Yoga challenge with Niamh #1 | Toilet Roll keepie uppies | Meditation | Rock Paper Scissors with parent or sibling |

Videos for challenges

**Monday**

<https://www.youtube.com/watch?v=6niUsVNkH-g> Card challenge

<https://www.youtube.com/watch?v=Jrf0idufmuk>

Copy Cat challenge

Tuesday

<https://www.youtube.com/watch?v=I8RSjQnXKeo> Animal Walks

<https://www.youtube.com/watch?v=VZIMtQKJW88>

Thursday

<https://www.youtube.com/watch?v=5mZGV34hMyI> Name that Dance

<https://www.youtube.com/watch?v=Bk_qU7l-fcU>

Meditation

Friday

<https://www.youtube.com/watch?v=Qk266YDKNs8> Rock Paper Scissors