

Challenge Tuesdays!



Tomorrow's challenge (7th July) is to complete as many

SQUATS

as you can between 9am and 3pm.

<https://www.youtube.com/watch?v=GD2F5sqsK1o&safe=active>

After 3pm tomorrow, please message your teacher on Seesaw or Tapestry to let them know what house you are in and how many push ups you managed to complete during the day.

Houses are as follows:

Griffin - Purple

Phoenix - Red

Centaur - Green

Unicorn - White

If you are unable to access Seesaw or Tapestry, please email your house and the number of squats completed to reply@monkshouse.lincs.sch.uk

Good luck!