

Fitness Friday Challenge - Week 6!



Tomorrow's challenge (12th February) is to complete as many

SIT UPS

as you can between 9am and 3pm.

<http://www.viewpure.com/fzDf9k6XFVo?start=0&end=0>

After 3pm tomorrow, please message your teacher on Tapestry/Seesaw/Microsoft Teams to let them know how many sit ups you managed to complete during the day. If you are unable to access those learning platforms, please email Mrs Turner at hannah.turner.monkshouse.lincs.sch.uk with your name and number of sit ups completed.

Good luck!