

# Fitness Fridays!



Starting tomorrow (Friday 8<sup>th</sup> January), we are going to have a weekly whole school fitness challenge. All you need to do is complete as many of the challenge as you can between 9am and 3pm each Friday.

This week's challenge is ....

## STAR JUMPS

<https://www.youtube.com/watch?v=L0ao8TARRoQ&safe=active>

After 3pm tomorrow, please message your teacher on Tapestry/Seesaw/Microsoft Teams to let them know how many star jumps you managed to complete during the day.

If you are unable to access Tapestry/Seesaw/Microsoft Teams, please email your name, class and the number of star jumps completed to

[hannah.turner@monkshouse.lincs.sch.uk](mailto:hannah.turner@monkshouse.lincs.sch.uk)

Happy jumping!