



Milton Primary School



## Milton Primary School 'Stay Active in June' Challenge

Week Beginning 29.06.20

- Complete the challenges against members of your household. (Some can be done individually). Check the staff video for any demonstrations to support your challenge.
- Send some photographs to Mrs Christie – [Joanna.christie@invergordonacademy.org.uk](mailto:Joanna.christie@invergordonacademy.org.uk) if you are able.
- Don't forget to walk, run, cycle etc 5km at week – prove it by sending a screenshot of your strava, step counter, fitbit record to Mrs Martin – [ann.martin@invergordonacademy.org.uk](mailto:ann.martin@invergordonacademy.org.uk)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Challenge:</b>	<b>Bounce your Ball</b> Grab a football or similar – how many times can you bounce the ball for in one minute?	<b>Juggling</b> Grab two tennis balls (or similar object) – get juggling. Ask someone to time you – how long did you manage? Who is the best juggler in your house?			
<b>Set by:</b>	<b>Mrs MacDonald</b>	<b>Mrs June</b>			
<b>Pledge for Life after Lockdown</b>	<i>To continue Friday Family Quiz Nights and going out on my bike each day.</i>	<i>To eat healthy and practise yoga regularly.</i>			
<b>Don't forget:</b>	<ul style="list-style-type: none"> <li>✓ Walk, run or cycle 5KM this week and send your proof to Mrs Martin – <a href="mailto:ann.martin@invergordonacademy.org.uk">ann.martin@invergordonacademy.org.uk</a></li> <li>✓ Write down one thing a day you'd like to do after lockdown and add it to your 'Life after lockdown' jar</li> <li>✓ Send some photographs to Mrs Christie of you taking part in the challenges – <a href="mailto:Joanna.christie@invergordonacademy.org.uk">Joanna.christie@invergordonacademy.org.uk</a></li> </ul>				

