


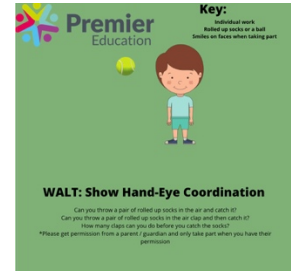



| Week | Move it Monday | Try it Tuesday | Wellness Wednesday | Topic Thursday | Fitness Friday |
|------|--|--|---|--|---|
| 4 | <p>Tokyo Trail – Hurdles See how fast you can make it over obstacles.</p>  <p>https://www.premier-education.com/wp-content/uploads/2020/03/Tokyo-Trail-Hurdles.pdf</p> | <p>Tokyo Trail – Sock Target Throw Underarm and overarm throwing towards different targets.</p>  <p>https://www.premier-education.com/wp-content/uploads/2020/03/Tokyo-Trail-Sock-Target-Throw.pdf</p> | <p>What's That Sound? Mindful listening with a range of sounds.</p>  <p>https://www.premier-education.com/wp-content/uploads/2020/03/Whats-That-Sound.pdf</p> | <p>Co-ordination Daily challe</p>  <p>WALT: Show Hand-Eye Coordination Can you throw a pair of rolled up socks in the air and catch it? Can you throw a pair of rolled up socks in the air and then catch it? How many days can you do before you catch the socks? *Please get permission from a parent / guardian and only take part when you have their permission.</p> <p>https://www.facebook.com/PremEdSalford</p> | <p>Football – Dribbling in small spaces. Focusing on touch and control. Click on the video to take you to the link.</p>  |