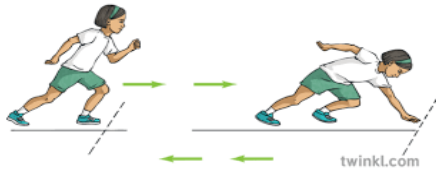

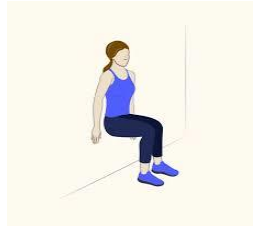
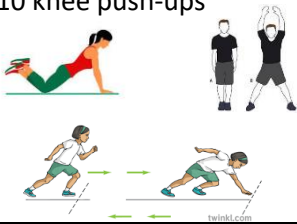
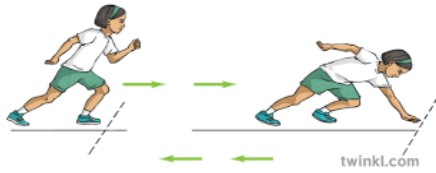




YEAR 3-6 HOUSE ACTIVITY CHALLENGE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 5	<p>Set up a bucket 3m away from throwing point. You will need 10 pairs of socks. How long does it take to get all 10 pairs in the bucket?</p>	<p>Shuttle run with object- Mark a 10m line. Place 4 cups at one end line. How long does it take to transfer all cups to one end?</p> 	<p>How many times can you sit and stand from the couch in 1min?</p> 	<p>How long can you hold a wall sit for?</p> 	<p>Friday Family challenge CIRCUIT</p> <p>10m shuttle run 20 star jumps 10 knee push-ups</p> 
WEEK 6	<p>Sitting on the couch/ or on a chair, make a paper ball. How far can you throw the paper ball?</p>	<p>Jumping shuttle runs- Mark a 10m line. Place 3 obstacles to jump over (towels, pants etc.)</p> 	<p>How many ab bikes can you do in 1min?</p> 	<p>How long can you balance a ball on your head for?</p> 	<p>Friday Family challenge CIRCUIT</p> <p>10m shuttle run 10 ab bikes 20 Knee high runs (stationary)</p> 