

	Health and Fitness
Monday	<p>Challenge Card 6 (found in the resources section)</p> <p>Complete 2 times throughout the week.</p> <p>This is in preparation for the ‘Fitness Challenge’ that will be sent out next week. The challenge will consist of 10 exercises that you perform and write your scores down for. Once you have completed the challenges, send the results in and they will be added to our scoresheet.</p> <p>We will have overall winners at the end of the challenge.</p> <p>More details and video tutorials will be out next week.</p>
Tuesday	
Wednesday	
Thursday	
Friday	