St Michaels Junior Boys Active Week!

Mondays challenge: Let's make our own workout!

*Today we are going to spell **ACTIVE WEEK!***

A. Touch your toes 10 times!	N. Do 10 sit-ups!
B. Touch the floor and jump up 10 times!	O. Balance on your right leg and jump 5 times!
C. 10 Star Jumps!	P. Balance on your left leg and jump 5 times!
D. Run on the spot for 1 minute!	Q. Touch your right hand off your left foot 10 times!
E. Balance on your left leg and count to 20!	R. Touch your left hand off your right toe 10 times!
F. Touch your chest off the ground & jump back up x 10!	S. Touch the floor & jump up 10 times!
G. Do 10 squats!	T. Touch the floor and jump up x 8
H. 15 Star Jumps!	U. 12 Star jumps!
I. Throw a ball in to the air and catch it 5 times!	V. Touch your chest off the floor and jump back up 10 times!
J. Do 5 sit ups!	W. Run as fast as you can on the spot for 10 seconds!
K. March on the spot and count to 20!	X. Balance on your right leg and jump 5 times!
L. Run as fast as you can for 30 seconds!	Y. Throw a ball in the air and catch it 7 times!
M. Do 12 squats!	Z. Balance on your right leg and count to 15!