

# Yr 5/6 daily challenges



on Youtube ...

Football challenge - hit the target

<https://www.youtube.com/watch?v=HREjrk1bR-k>

Harry Potter workout

<https://youtu.be/NTcvqBqiT8I>

Hockey challenge - agility run

<https://youtu.be/TA0cIrTIb4M>

Choose a different one each day!

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Disney fitness circuit

[https://youtu.be/hsfheb5Uw\\_dE](https://youtu.be/hsfheb5Uw_dE)

**Saturday**

**Sunday**

Dodgeball skills

<https://youtu.be/kmR7M4xhvQQ>

Choose your favourites to try again!