

KS1 daily challenges



on Youtube ...

Teddy bear challenge

<https://youtu.be/whPptTaKMtA>

Disney dance challenge

<https://youtu.be/mUSgKSgS4-E>

Yoga freeze challenge

<https://youtu.be/EcnQNWBXE5s>

Choose a different one each day!

Monday

Tuesday

Wednesday

Thursday

Friday

Cross the river challenge

<https://www.youtube.com/watch?v=xp5ClSxs-b8&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=8&t=0s>

Saturday

Sunday

Fitness challenge

<https://www.youtube.com/watch?v=GHCqRsrQwNU>

Choose your favourites to try again!