

# Active Home Workout

#StayInWorkOut

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#StayHomeStayActive

GET ACTIVE and RETWEET YOUR EFFORTS

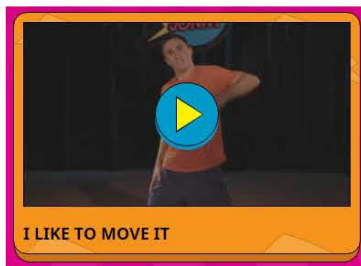
## Dance Away Wednesday - Reception, Key Stage 1 and 2

Visit



<https://jumpstartjonny.co.uk/home>

Scroll down home page and complete the following two activities



## Wellbeing Activity

Now select your favourite song and create your own dance routine

Share your dance routine with other members of your family

Video it and share on twitter



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(video from behind if you do not want to show your face)



Passion - use your passion to create a fun and exciting dance routine



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You are now ready to have a go at today's personal challenge

## 60 Second Challenge

### Skipping

Do you keep trying even when you want to give up?

#### The Physical Challenge

How many times can you skip in 60 seconds?

Both feet must land over the rope for the skip to count.



#### #StayHomeStayActive

#### Equipment

Skipping rope

If you do not have a rope, do not worry, you can jump on the spot or use a dressing gown rope!

<b>Achieve Gold</b>	
70 skips	
<b>Achieve Silver</b>	
50 skips	
<b>Achieve Bronze</b>	
30 skips	

 **Complete P.E.**  
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