

Name:

Year Group:

School:

This week's activities will focus on the SG value of **PASSION** – giving 100% in the activities



Activity	Description Each activity to last for 20 – 40 minutes	Tick the relevant box below if you took part in the activity
<b>MOVE IT MONDAY</b>  FOOTBALL FIT	Join Jesse Lingard in his hardcore <a href="https://www.youtube.com/watch?v=glHWxV7PXO8&amp;list=WL&amp;index=48">home workout</a> . Can you do the three rounds and challenge yourself in the fourth?  <a href="https://www.youtube.com/watch?v=glHWxV7PXO8&amp;list=WL&amp;index=48">https://www.youtube.com/watch?v=glHWxV7PXO8&amp;list=WL&amp;index=48</a>	
<b>TRY IT TUESDAY</b>  STRAVA CHALLENGE  COUCH TO 5K	Why don't you join the Hampshire SGOs Strava running group? Use the NHS advice to create a training programme <a href="https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/">https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/</a>  Record your progress on <a href="https://www.strava.com/clubs/HampshireSGOs">https://www.strava.com/clubs/HampshireSGOs</a>	
<b>WELL-BEING WEDNESDAY</b>  PILATES	Today is all about your core, legs and inner thighs. Join Rochelle Humes and Chris from Zero Gravity and undertake the Instagram workout.  <a href="https://www.instagram.com/tv/CLEsr2PHTTQ/">https://www.instagram.com/tv/CLEsr2PHTTQ/</a>	
<b>TRAIN IT THURSDAY</b>  BOXERCISE FITNESS	Join Mark Wright with his boxing conditioning class on Instagram.  <a href="https://www.instagram.com/tv/CKflqmXBNcq/">https://www.instagram.com/tv/CKflqmXBNcq/</a>	
<b>FEEL GOOD FRIDAY</b>  DANCE LIKE THE SHOWMAN	No matter what your dance background, join the circus with this dance from The Greatest Showman. Can you become the Ring Master?  <a href="https://www.youtube.com/watch?v=XucZOPeJFPc">https://www.youtube.com/watch?v=XucZOPeJFPc</a>	