



Throughout lockdown we've been putting together fitness videos for you to keep fit at home!

Now the summer holidays are upon us, it's time to revisit active challenges or try something new!

To reach the 50 stamp mark on our map, you need to be active for 15 minutes. You can do this as many as you like in one day.

If you reach 50 and bring a completed map back in September, there's a small prize waiting just for you, even you Year 6!

Use the code below to access the tutorial on this video, and have a look at some of our other videos we've been doing! Let's keep the daily mile going.

Have a great 'active' summer!

Mr Bianco





GET FIT THIS SUMMER!

Scan this code to link straight to our YouTube video on this summer's challenge!



SCAN ME