



Instructions:

- The first roll of the dice will determine what movement you must complete from the list below:

1= Wall Sit	2= Step Ups	3= High Knees
4= Plank	5= Arm Circles	6= Jog on Spot

- The second roll of the dice will determine how long you must complete the movement for.
- Example:** 1 would mean you perform for 10 seconds, 2 would result in 20 seconds work, 3 would require 30 seconds work and so on up to 1 minute if a 6 is rolled.
- Extra Challenge:**
 - Try to roll one of each number. First to perform all six movements wins.

For Daily Challenges visit:

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