



Instructions:

- For this week's challenge, you need to work through the maze from start to finish.
- As you pass through the maze, you will find different exercises to complete.
- There will also be a number or length of time you need to complete each movement for.
- Once you have completed the exercises, move on through the maze.
- You can make this competitive by timing each family member and see how long it takes to complete the maze and the exercises.

Extra Challenges:

1. Create your own maze and codebreaker challenge using the online maze builder: www.festisite.com/text-layout/maze

For Daily Challenges visit:
www.valeroyalssport.org/home-learning

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