



**Instructions:**

- For this week's challenge you need to solve some secret code!
- Using the help sheet on the left, work out the messages and then complete the number of movements shown.
- As an extra challenge, start to come up with your own code and your own movements!
- For Daily Challenges visit: [www.valeroyalsschoolsport.org/home-learning](http://www.valeroyalsschoolsport.org/home-learning)

