 ***Taunagh N.S. Active School Week 6th – 9th June 2023*** 

**(Watch the challenge with your teacher and complete the challenge throughout the day.)**

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| **Time** | **Tuesday** | **Wednesday** | **Thurdsay** | **Friday** |
| **9.15 – 9.30** | **Wake up Shake up** | **Wake up Shake up** | **Wake up Shake up** | **Sports Day** |
| **10am** Juniors  **10.20am** Seniors | **Cardio Drumming**: Pool Noodles  **You tube**:  We will rock you  Uptown funk | **Cardio Drumming**: Pool Noodles  **You tube**:  Can’t stop the Feeling  Shake it off | **Cardio Drumming:**  Pool Noodles  **You Tube:**  Cha Cha Slide |  |
| **Break Time** | **Playground Leaders**  **Active Lines** | **Playground Leaders**  **Active Lines** | **Playground Leaders**  **Active Lines** |  |
| **11.15am** | **Tug of War Tuesday**  Sports day teams | **Walkway Workout (all)**  Activities will be attached to the walkway | **Challenge** (Juniors) |  |
| **Lunch Time** | **Active Lines** | **Active Lines** | **Active Lines** |  |
| **1.15-1.35**  **2pm** Seniors | **Challenge** | **Challenge** (Juniors)  **Drop Everything and Move** (Seniors) | **Table Tennis Takeover**  (30 mins for each class group) |  |