 ***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 youUptown funk | **Cardio Drumming**: Pool Noodles **You tube**: Can’t stop the FeelingShake 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) |  |