



Wednesday 29th April

Today you are going to see how many of each exercise you can do in 30 seconds. Ask an adult to time you.

Star jump

Squat

Hop

Lunge

Push-up

Repeat and see if you can beat your score!

Reading

It is really important that you continue to read as much as you can! Maybe pick a book you've never read before!

Activity- choose one of your favourite books and write a book review. See attached document for a template to print or to use for ideas. We have done these a few times in school so you should know what to do! Remember to include lots of detail in your writing.