


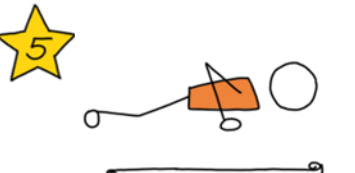
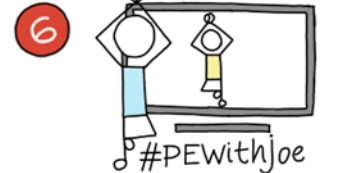

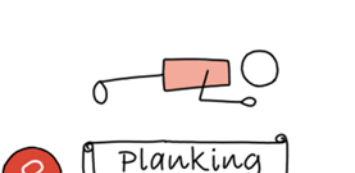





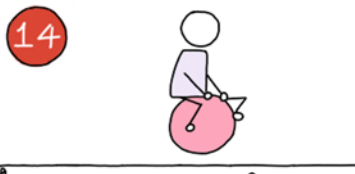
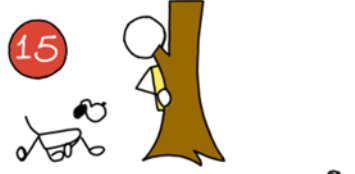





 <p>1</p> <p>10 laps of house/garden</p>	 <p>2</p> <p>Socks in a box</p>	 <p>3</p> <p>Jump an obstacle 40 times</p>	 <p>4</p> <p>Dribble a ball</p>
 <p>5</p> <p>30 push ups</p>	 <p>6</p> <p>#PEwithJoe Perform a fitness workout</p>	 <p>7</p> <p>50 star jumps</p>	 <p>8</p> <p>Planking</p>
 <p>9</p> <p>40 standing jumps</p>	 <p>10</p> <p>Keep balloon up for 60 secs</p>	 <p>11</p> <p>Perform a dance routine</p>	 <p>12</p> <p>Complete 20 shuttles</p>
 <p>13</p> <p>Around the world x25</p>	 <p>14</p> <p>Hop on the spot for 60 secs</p>	 <p>15</p> <p>Play hide and seek</p>	 <p>16</p> <p>30 sit ups</p>
 <p>17</p> <p>Skip for 2 minutes</p>	 <p>18</p> <p>Hit a target 10 times</p>	 <p>19</p> <p>Ride a bike</p>	 <p>20</p> <p>Catch & clap for 60 secs</p>

ACHIEVEMENTS



Complete any 3 activities



Complete a horizontal or vertical line



Complete all the activities

