



30 DAY CHALLENGE

This month your theme is: **HARRY POTTER**. The challenge is to perform these exercises before, during and at the end of lessons and when you're heading off to assembly or other areas of the school.



KEY EXERCISE CHALLENGES



Walk on the spot like Hagrid. Knees raised high, back straight. Keep going for 30 seconds.



With your left hand, draw a figure of eight on your stomach. At the same time use your right hand to wave your wand from left to right.



Wave your wand in circles using both hands. Clockwise and Anticlockwise. What spell could you create? 30 seconds.



Arms out straight. Move hands in small circles and then bigger circles. Repeat 10 times.



Jump up in the air to catch the Golden Snitch. Catch with your left and then your right. Repeat for 30 seconds.



Professor Snape has cast a spell and sent it in your direction. Duck down and then back up. Repeat 20 times.



Dobby is being chased by Harry. Jump to the left, to the right. Jump forward and jump back to get away. Try this for 30 seconds.



Madame Hooch is teaching flying. Round around the playground in different directions. Avoid the chaser...your teacher!

LINKS and EXTRAS

<https://www.youtube.com/>

<https://www.youtube.com/watch?v=G1rlcDPeAZQ>

