## **Worcestershire West Weekly Physical Activity Programme Balloon Ball to Dribble it** Wall **Throw it** Keepy-**Create it Challenge** uppy **Speed** Running **Balance** Whack it! Pass it **Bounce Dodge it** challenge Wars Challenge Jump over Run Catch it **Bounce it** Kick it around it

Monday 30<sup>th</sup> March- Friday 3<sup>rd</sup> April 2020

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