

# WILDCATS

FROM

HOME



Week 1



#NorthRidingWildcats

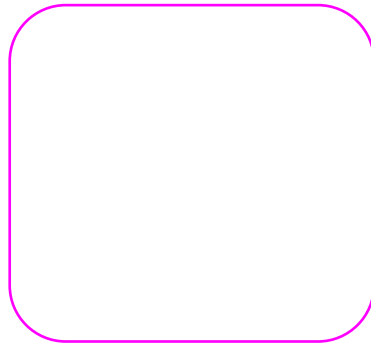


# *Weekly Challenge Badges!*

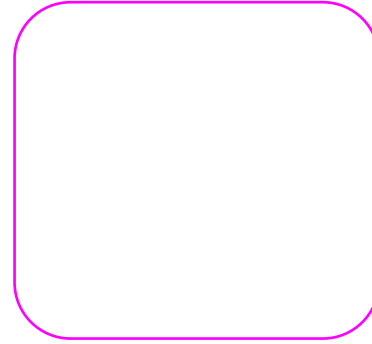
**Well done**



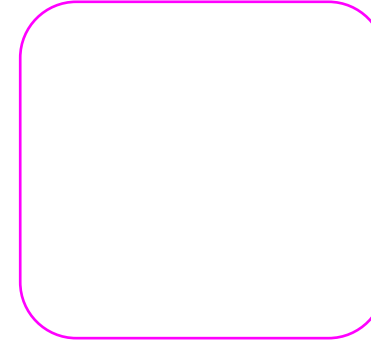
**Superstar**



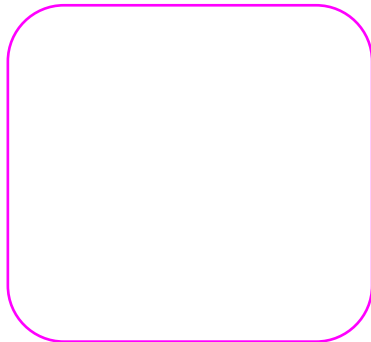
**Proud**



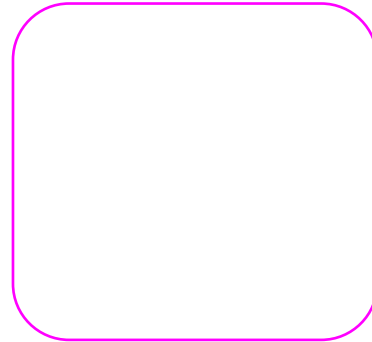
**Fantastic**



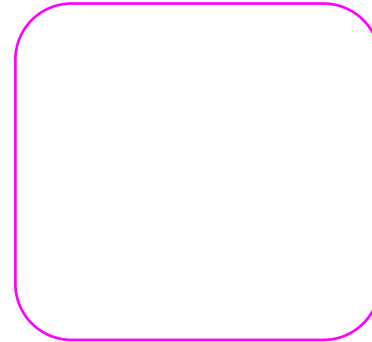
**Nailed it**



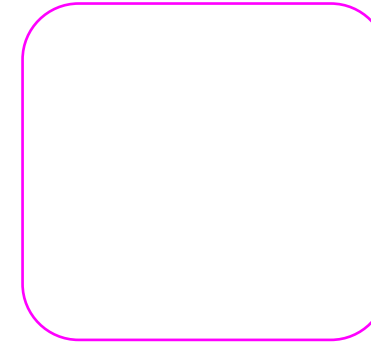
**Keep going!**



**Epic**



**Respect**



Design your own badge when you complete each of the weekly challenges!

**Parents – Don't forget to show us your wildcats achievements #NorthRidingWildcats**



# Skill

**Mark out a circle that's big enough for you to take three large steps.**

**As your favourite song starts, move freely around the area, but as soon as the chorus starts how many times you can:**

Throw the ball in the air and catch it with both hands?

Throw the ball in the air and catch it with one hand?

## **Make it harder**

Try the challenge above whilst standing on one leg or with one eye closed

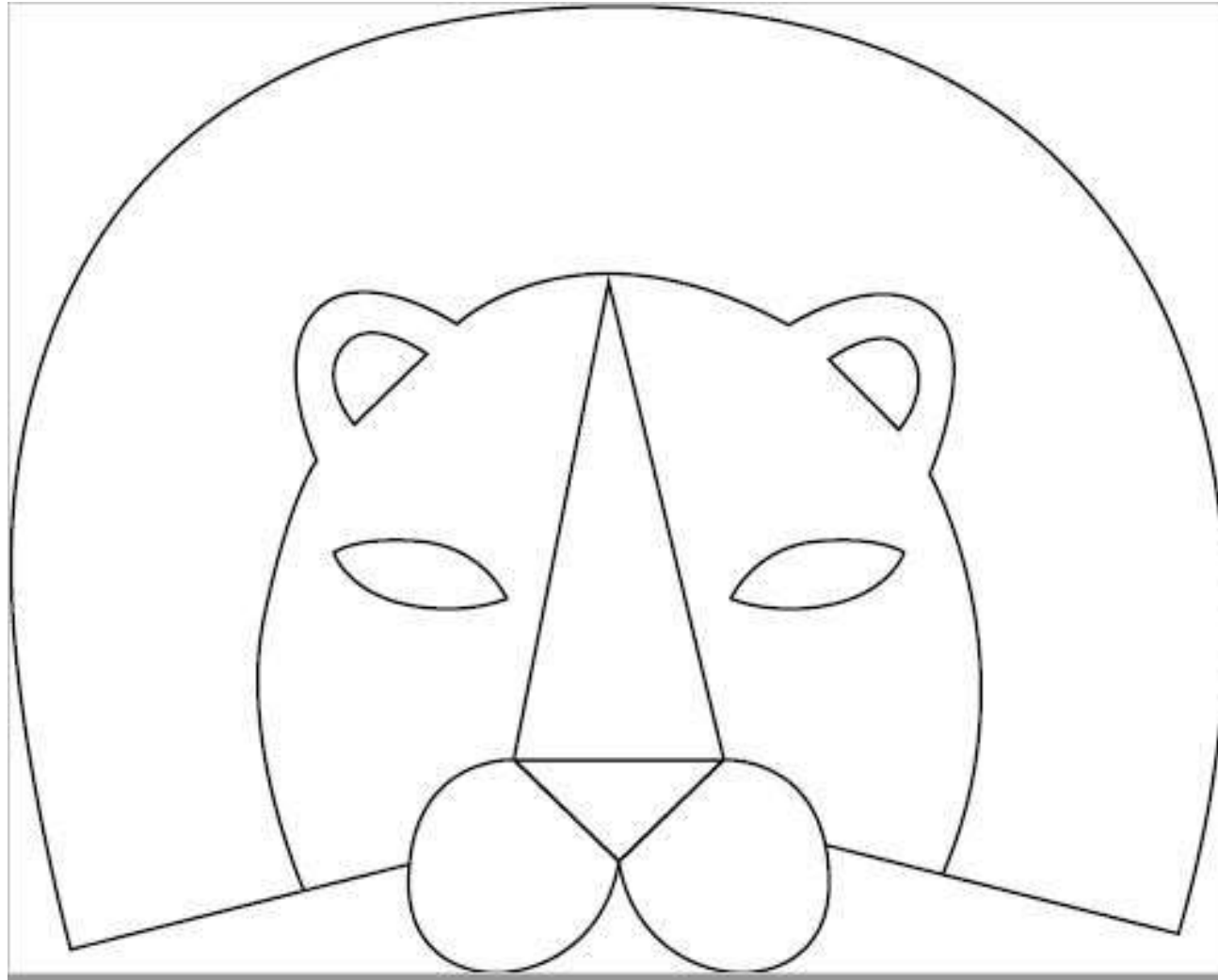
*Make sure the you try this in a safe space.*

**Parents – Don't forget to show us your wildcats achievements #NorthRidingWildcats**



# Activity

Create your own Wildcat mask!



Parents - Don't forget to show us your wildcats designs #NorthRidingWildcats

