

This week's challenge!

Each week, your Year 4 teachers would like to set you a challenge. This may be related to your mental or physical health. The challenges could include being active, spending time with your family, learning a new skill or being creative. It is up to you to decide how you are going to complete this challenge! It would be wonderful if we could see how you have completed them. If you'd like to show us, you can email us at **ARHYear4@aldermanrichardhallam.leicester.sch.uk**.

Wellness and movement are important!

Watch https://www.youtube.com/watch?v=6JPVKD_UT-Q

Then, play it again while you make a video of yourself doing the dance moves. Have fun :)

