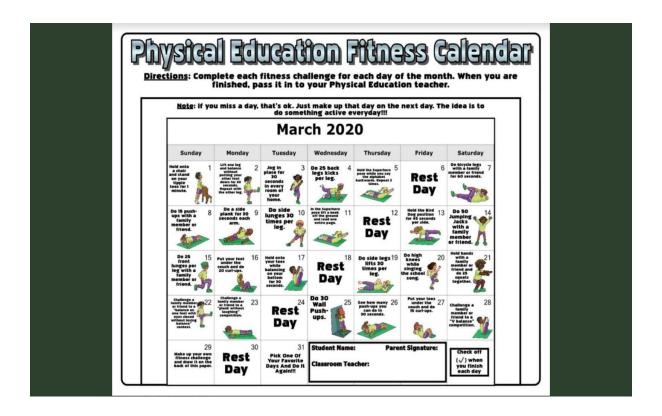
Fitness Challenge

- Physcial Education Associaton of Ireland on Twitter (Has lots of ideas on how to keep fit with lots of videos etc.) https://twitter.com/PEAI_IRELAND/status/1240264217934139392?s=08
- The Body coach on Twitter P.E. with Joe starting Monday morning at 9 a.m. on twitter.com <u>https://twitter.com/thebodycoach/status/1240600083458068480?s=08</u>



200 touches daily challenge

ALL YOU NEED IS A BALL & A WALL

Solo

20 Left Foot 20 Right Foot

Pick Up

Fist Pass

Punt Kick

Body Catch High Catch 20 Left Foot 20 Right Foot

20 Left Hand 20 Right Hand

20 Left Foot 20 Right Foot

20

20

