

-Christmas 'healthy habits' challenges



As our children have been working hard in their PE lessons here at Ruskin Junior School, we want to challenge them to continue with their 'healthy habits' over the festive period!

****We would also love to see their efforts uploaded onto our Twitter page - @Ruskin_Juniors ****

Cross country running (Running outside)

Chin up (gonoodle)

Sally up, Sally down challenge (YouTube)

'Baby shark' abs challenge (YouTube)

