Tuesday’s Challenges

**Beat the teacher**

<https://drive.google.com/open?id=1Hkync35GtfW2SRsITV9vh-ZGGbPr6bJb>

**Activity**

Run 2-5k

**Wellbeing**

Complete the following

<https://youtu.be/w_bmCKMrLYs>

**Practical**

Try either of these recipes



