



Be Active

We all know exercise is good for your body, but it can be good for your mind too.

Create an exercise circuit: Exercising is fun, especially when you create your own workout! Using the attached challenge cards, create your own circuit. You may only want to choose 5 or 6 of the cards, and time yourself doing those activities. You may want to have a go at all of the cards. Why not turn it into a competition with the people you live with? Who is the fastest? Who is the best at bunny jumps?

Dance: Dancing is always lots of fun and a great way to express yourself! Why not have a go at some of the links below and learn some dance moves. Maybe put on some music and make up your own moves. Why not challenge the people you live with, to a 'dance – off' or have a kitchen disco?

[Just Dance videos](#)

[Mini Disco dance videos](#)

[Go Noodle](#)

[Cosmic Yoga Dance video](#)

Help in the garden: Have a go at gardening, it is a great form of exercise and a good way to get some fresh air and learn a new skill.

Get outside: Get outside and have some fresh air. You could go for a walk, walk your dog, jog, run or ride on your scooter or bike. You could even go to the park or play in your garden.

Silly Races: Make up some silly races such as balancing an object on your head, walking backwards or a pillowcase race. You could play with your family and see who can do the race in the fastest time.

Make up your own sport: Think of a name for your sport, do you need any equipment? How do you play your sport? How do you win points? What are the rules?

Learn a new sport: Why not try to learn a new sport or skill? You could take up hula hooping, skipping or skateboarding, there so many different things you could try. You could also join a new sports club or team, it is a super way of getting exercise and making some new friends.

Try an exercise activity: It is always fun to try and challenge yourself and get your heart pumping, why not visit the school website Get Active page or try one of the links below?

[Joe Wicks Workouts](#)

[Jump Start Jonny](#)

[Get Kids Moving](#)

[Cbeebies fun home exercises](#)