

It's Exercise o'clock

As you aren't going to be running around on the playground, playing rugby or attending our dance lessons it is extremely important that you keep active at home.

Here are some things that you can do at home:

1. You need to do **5 star jumps, 4 high knees, 3 tuck jumps, 2 toe touches** and **1 spin**. Complete this **6 times** with a **20 second break in between**. Can you think of your own exercise routine that fits this sequence?
2. Become the **Personal Trainer**. You need to run an exercise class for your family, once you have had a go, swap roles.
3. With your adult, type **Joe Wicks 5 Minute Move** into YouTube. He has filmed lots of workout videos in the classroom for children, like you, to carry out.
4. If it's a sunny day, head into the garden and play some **games** or set up an **obstacle course**. You could time yourself running from one side to the other. Can you beat your score?
5. Make up your own **dance** to a song. You could use the 'Oompa Loompa' song that used in our dance lessons.
6. With your adult, research different **YOGA** moves for children. This will improve your flexibility whilst keeping you active.

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