

Keep fit

Challenge the children to complete these fitness activities

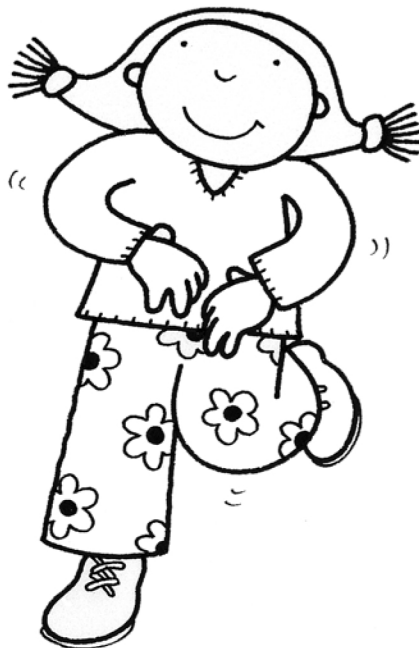
Keep fit

Jog on the spot for one minute.



Keep fit

Hop ten times. Do it again on your other leg.



Keep fit

Try some different ways of jumping. Can you make a star shape? Jump up and down ten times.

