

HEALTHY BODY - HEALTHY MIND

It is so important to keep your body fit as this impacts on your mind. If it is at all possible, it would be great to keep up the Daily Mile, but you may find that you just can't get outside very much. **The aim is to complete at least 30 minutes of physical activity a day in order to stay fit and healthy.** Colour in which ones you complete and ask an adult in your house to sign and date it. Maybe take some photos of what you are doing and bring them into school when we return.

Do 100 star jumps
(doesn't have to be all at once!)

Invent a new game
that gets your heart
beating faster!

Go on a 30
minute brisk
walk- (if
possible)

Create a dance
to your
favourite song



Balance on one foot.
Record your best time

Go outside (if
you can) and look
for signs of
Spring!

Make up a new
sport - how will
you score it?

How many times can you
throw and catch a ball in
one minute?

Record your best score

Teach your family
some of the yoga
positions you've
learnt.



Play a tag game
with your
friends or
family

Learn to hula – hoop! It might take a while but
you've got a lot of time!

