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



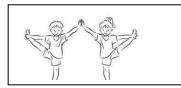
Balance on one foot. Record your best time Go outside (if you can) and look for signs of Spring!

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!

