



Have you exercised today?
Why not try these fun activities!

1 ACTION ACTING

Call out your favourite activities such as basketball, swimming, or skipping for your friends to act out. Change the activity every 20 seconds.

3 SKIP TO BE FIT

Grab a skipping rope and take on the 2 minute challenge!



With a friend count how many times you jump in 2 minutes and record your score each time you try the challenge.

5 STEP CHALLENGE

Use a pedometer throughout the day to count how many steps you do and record at the end of each day. Try to beat yesterday's score!



5 MUSICAL STATUES



Play some upbeat music and have a boogie! When the music stops stand as still as you can. Anyone who moves is out of the game, and the last one standing wins!



4 SIMON SAYS

Choose one person to be Simon, this person tells everyone what to do. But if Simon doesn't say and you do the action, you're out!