


LET'S GET

Put on your favourite music and get your body moving.
Ask a grown-up to give you instructions for each action.

 Score each action out of 10 for how much fun it was!



Ask a grown-up to teach you some action songs so you can do some more exercise!



MOVING

Feel your heartbeat before you exercise and feel it again while you are exercising. What has happened to it?



Parent or family member Encourage your child to exercise on a regular basis. Moving to music is fun and helps develop rhythm and balance as well as keeping us fit. Help them to try each of these different actions and encourage them to score each one. Try to think of some other ways to exercise together.

