

Fitness Challenge

See if you can do the following exercises, you can adapt them if you need to.

Why not get someone to time you, then see if you can beat your personal best.

Let us know how you get on 😊

1. Run or jog on the spot for 1 minute



2. Stand with your feet a shoulder width apart and touch your toes 10 times

3. 10 star jumps



4. Get a chair and sit down/stand up 10 times



5. Hold onto a wall or chair and balance on one leg for 1 minute

6. 10 standing jumps

You can do this several times a week to try and improve your fitness!

Good luck and remember - HAVE FUN !!

Compound Word Game

Use each pair of words to make a new word

