

## 😊 Keeping active

\*Dance along with Kidz Bop, 'Blinding lights'

<https://www.youtube.com/watch?v=MHhYIV1yAfA>

\*How many sports can you fit in to one workout? Try the 5 a day TV Olympics workout

[https://www.youtube.com/watch?v=sLMGJ9S0seE&list=PLw8MjTKiBbepLMWduEbnTZj\\_bjjP6MrkO](https://www.youtube.com/watch?v=sLMGJ9S0seE&list=PLw8MjTKiBbepLMWduEbnTZj_bjjP6MrkO)

\*Do you fancy a trip to the African Savannah with Andy's Wild Workouts?

<https://www.youtube.com/watch?v=4ORvOOVgCv8>

\*Can you channel your inner spider with Jamie from Cosmic Kids Yoga?

<https://www.youtube.com/watch?v=fnO-IGEMOXk>

\*Play a game of Simon Says today

### **SIMON SAYS** FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says!"

|   |   |   |
|---|---|---|
| Shake your whole body.  | Hold your arms out at your side and make circles with them in the air.                      | Reach behind you and try and hold your left foot with your right hand without falling over. |
| Jump up and down.   | Hop on your left foot 10 times.   | Lay on the floor and stretch out as far you can for 10 a count of 10.                       |
| Spin around in circles.   | Hop on your right foot 10 times.  | Pretend to shoot a basketball 10 times.   |
| Do a cartwheel.   | Hop around like a bunny.  | Pretend to jump rope for a count of 10.   |
| Do a somersault.  | Balance on your left foot for a count of 10.  | Pretend to ride a horse.  |
| Wave your arms above your head.   | Balance on your right foot for a count of 10.   | Pretend to milk a cow.  |
| Walk like a bear on all 4s.   | Bend down and touch your toes 10 times.   | Take 5 of the biggest steps forward that you can.   |
| Walk like a crab.   | Reach behind you and try and hold your right foot with your left hand without falling over. | Pretend to lift a car.  |
| Hop like a frog.  | Show off the muscles in your arms.  | Do the strangest dance you can think of.  |
| Walk on your knees.   |   | Scream.   |
| Lay on your back & pedal your legs in the air like you are on a bike.               |   |   |
| Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc. |   |   |

