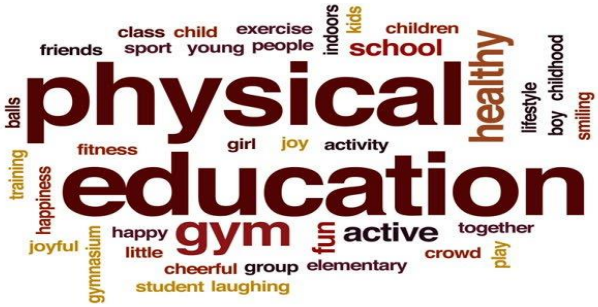

Wherever possible we would love for you to get outside and be active. If you have the chance to get outside maybe you could:

- Go for a walk
- Get on your bike
- Use your scooter
- Have a kick about with family members
- Play on any apparatus you may have in the garden e.g. swings, slides etc…
- Play with any sports equipment you own e.g. football, netball, rugby ball, basketball

Now we know that you cannot always go outside so here are a few activities to do inside.

This week is - **Let's Dance – A Winter Wonderland**

You must listen carefully to hear the instructions!

https://www.bbc.co.uk/programmes/b03g6vqb

If you enjoyed the first episode maybe you could have a go at the second.

https://www.bbc.co.uk/programmes/b03g6vqc