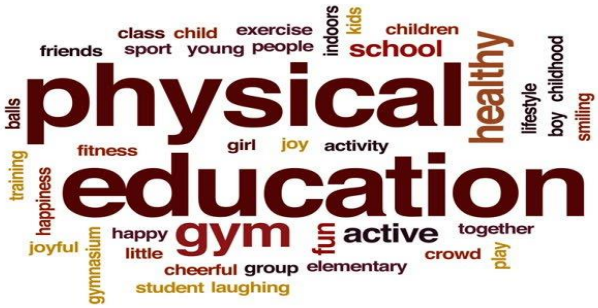

Wherever possible we would love for you to get outside and be active. If you have the chance to get outside maybe you could:

- 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
- Can you complete the 'Miss Price Circuit Training Challenge'

Now we know that you cannot always go outside so here is an activity to do inside.

This week is Jump Start Johnny

https://www.jumpstartjonny.co.uk/home

(Sometimes this link does not work so you may need to copy the link into your browser)

Have a go at dancing to 'I like to move it, move it', 'shake it off' and 'Everything is awesome'.

Beware these are very fast!!!!