

PE & Health Primary

Choose 4 or 5 activities from the chart to complete throughout each day. Try to complete them all at least once over the next 5 days.

<p>Do 10-20 star jumps</p> 	<p>Touch your head and</p>  <p>touch your toes 10X's</p>	<p>Look in the yard for 3-4 natural things</p> 
<p>Run on the spot counting to 15 or 20</p> 	<p>Dance to a favourite song</p> 	<p>Tell someone a joke</p> 
<p>Tell your parents 3 things you are thankful for.</p> 	<p>Skip or hop for 10 seconds X3</p> 	<p>Do a cross body stretch for a brain break</p> 