



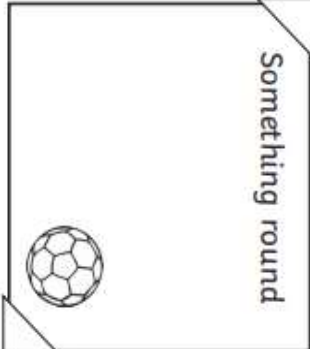
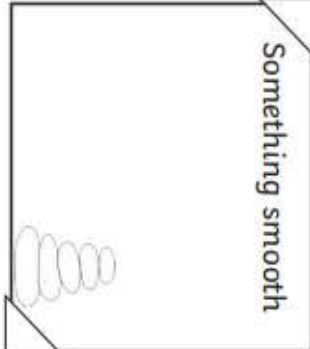



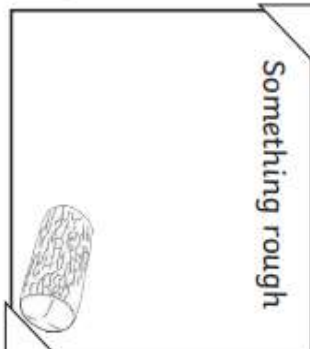
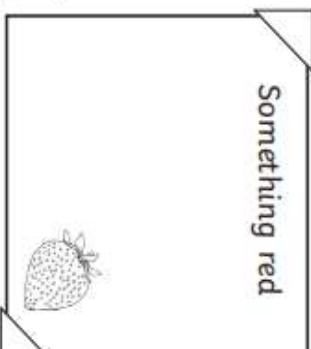
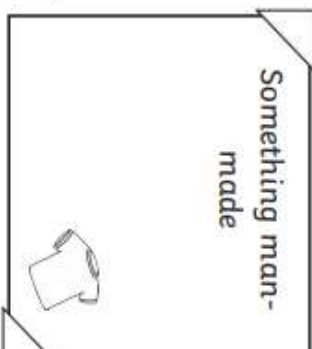
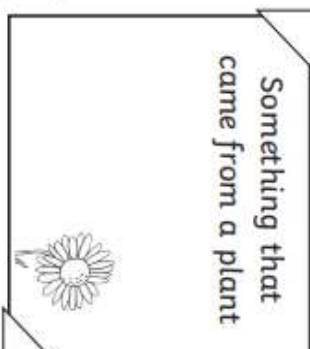
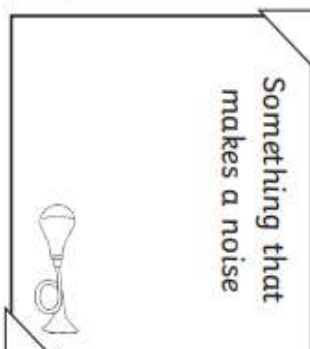
## Ways to keep active

1. Set up a relay race - this teaches teamwork and sportsmanship.
2. Play Hula Hoop Games. Hula Hoops are so versatile - you can play jump-rope with them, use them as a bean bag toss, or have hula contests. (A skipping rope can be used for lots of different games too!)
3. Indoor fitness circuits:
  - a. climb up and down the stairs 20 times
  - b. complete 20 sit ups
  - c. 20 lunges
  - d. 20 star jumps
  - e. 20 press ups (these can be from your knees)
  - f. 'Plank' for as long as you can.

Can you do all of this without stopping for longer than 30 seconds between activities?

4. Try Yoga - for kids! (YouTube: **Yoga for Kids!**)

<https://www.youtube.com/watch?v=X655B4ISakg>

 <p>Something soft</p>	 <p>Something that has a smell</p>	 <p>Something round</p>	 <p>Something smooth</p>
 <p>Something you can eat</p>	 <p>Something long</p>	 <p>Something yellow</p>	 <p>Something rough</p>
 <p>Something red</p>	 <p>Something man- made</p>	 <p>Something that came from a plant</p>	 <p>Something that makes a noise</p>

## My Five Senses Scavenger Hunt