

Exercise routine

Levels 4-6

Teacher's notes

This activity is creative and fun and will get the children moving and laughing at the same time.

Physical exercise is so important to our wellbeing, so what is better than doing a workout with your favorite characters? Children can do these workouts in small groups, with family or as a class.

Learning objective

- ★ **GSE Writing:** Can write basic instructions (e.g. how to draw or colour something).

Needs covered

- ★ **Physiological**

Exercise routine

Choose your favorite character from a reader and make an exercise routine. Use the words below:

*Jump
run
dance
clap*

*stand up
sit down
turn around
touch your head*

*touch your toes
turn left
right
lift your arms*

*legs
point
open your arms
cross your legs*

1.

2.

3.

4.

5.

6.