

# LETS GET ACTIVE

## WHAT DOES IT MEAN TO BE ACTIVE?

BEING ACTIVE IS ANYTHING YOU DO WHICH INVOLVES PHYSICAL ACTIVITY

THINK OF AS MANY WAYS YOU CAN BE ACTIVE AND THEN MOVE ONTO THE NEXT PAGE TO SEE IF WE HAVE THE SAME ONES

TODAY'S ACTIVITY:  
EXCERISE CIRCUIT





BEING ACTIVE CAN INVOLVE  
LOTS OF DIFFERENT THINGS

DID YOU GET ANY OF THESE?

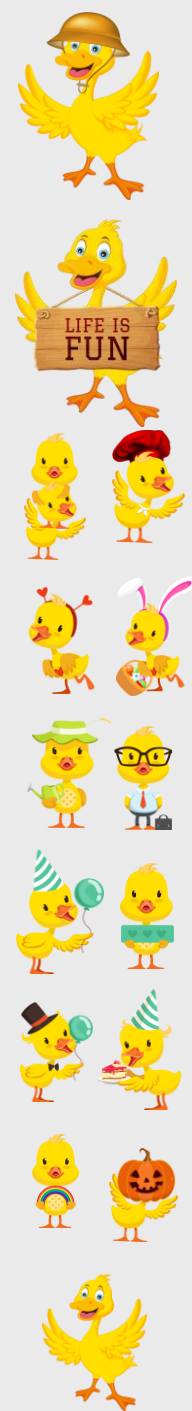
RUNNING  
JUMPING  
SWIMMING  
RIDING A BIKE  
WALKING  
GOING TO THE GYM  
PLAYING TAG  
PLAYING SPORTS

THERE ARE MANY MANY MORE

## FUN FACT

- When you exercise, your body creates a chemical called an endorphin; this helps you feel good.
- Exercise helps your body stay at, or reach, a healthy weight.
- The food you eat is energy that you put into your body. This energy is also called “calories.” To stay at a healthy weight, you have to use up the energy you eat.





**IF YOU ARE UNSURE ON ANY EXCERISES THEY ARE ON THE NEXT SLIDE**

## **TIME TO START OUR CIRCUIT 😊**

### **WARM UP:**

- **JOG ON THE SPOT FOR 2 MINUTES**

### **NEXT:**

- **10 JUMPING JACKS**
- **HAVE A QUICK WATER BREAK**
- **IF YOU HAVE A SKIPPING ROPE. YOU CAN PRACTICE SOME SKIPPING FOR 2 MINUTES**
- **HAVE A DANCE FOR 30 SECONDS**
- **HAVE A QUICK WATER BREAK**
- **20 HIGH KNEES**
- **BALANCE ON ONE LEG FOR 30 SECONDS OR LONGER IF YOU CAN**

### **COOL DOWN:**

- **TOE TOUCH FOR 10 SECONDS**
- **STRETCH TO EACH SIDE 5 TIMES**

**WELL DONE! HAVE A DRINK AND STAY ACTIVE**



