

SIMON SAYS...

Let's play a fitness game!
Choose 10 exercises or stretches below.

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| Hop like a bunny | Do 20 jumping jacks |
| Do a somersault | Sit on the ground and stand back up 5 times |
| Reach for the sky and touch the ground | Touch your toes 10 times |
| Hop around on one foot | Twist and turn at your hips |
| Spin around in circles | Walk like a crab |
| Run in place | Do 5 pushups |
| Skip around counting to 10 | With your arms stretched out wide, make BIG circles going forward |
| Jump up and touch the sky 10 times | With your arms stretched out wide, make BIG circles going backward |
| Do a plank for 10 seconds | March in place |
| Do a cartwheel | Balance on one foot counting to 10 |
| Touch your head, shoulders, knees and toes | Lay on your back and lift your legs in the air - try and touch your toes |
| Sit with your feet stretched out in front of you, and reach to touch your toes counting to 10 | Shake your whole body |