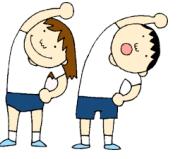




Broughton Nursery Five Day Fitness Challenge by Miss Stevens

Miss Stevens has set you a 5 day fitness challenge to complete at home! Good luck!

| Day 1 | Day 2 | Day 3 |
|---|---|---|
| <p>Warm up- 20 second jogging on the spot.</p> <p>Then:</p> <ul style="list-style-type: none"> ▪ 5 star jumps ▪ 5 hops on one foot then change ▪ 5 of child's own exercise <p>Do this twice or as many as you can of each exercise the second time round.</p>  | <p>Design your own P.E lesson to go along with your favourite song. You could add exercises like running, hopping, rolling, jumping and stretching. Make sure everyone in the house joins in!</p>  | <p>Make an obstacle course in the garden or wherever you have space, using anything you can find in the house.</p>  |
| Day 4 | Day 5 | Finished! |
| <p><u>Balancing</u></p> <ul style="list-style-type: none"> ▪ How many different kinds of balances can you do? Use different parts of your body. ▪ Balance a book on your head and walk around the house without dropping it. <p>What other objects can you balance?</p>  | <p>Learn a new Zumba dance and teach it to a member of your family. You can use the link below to get some ideas.</p> <p>Zumba kids</p> <p>Can you make up your own dance?</p>  | <p>Remember to post photos of each activity on to your learning journal and tell us which was your favourite one.</p>  |