

Fitness Friends



Instructions:

Match the Activity
to the Picture

Star Jumps

Tiptoeing

Hop

Bear Crawls

Arm Circles

Jump High

Run on Spot

Reach High and Touch Toes

Matching

Frog Jumps

Now, it's your turn to try these moves. Do 5 of each or more if you can. How did you feel after each move?

Put a face next to each move:

😊 = Happy 😊 = OK 😴 = Tired