

Let's do some...
exercise!

How many of these can you do?
Write the numbers in the boxes.

Fast clap

How many claps can you do in 5 seconds?

Star jumps

How many star jumps can you do in 10 seconds?

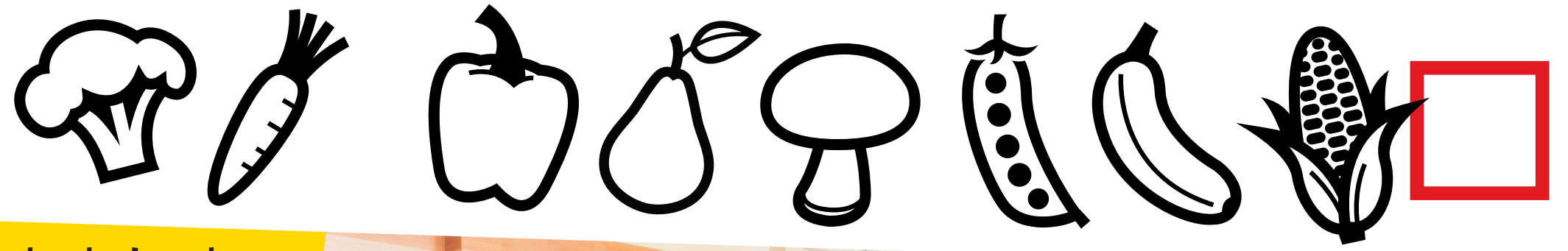
Top hops

How many times can you hop in 15 seconds?

Touch toes

How many times can you touch your toes in 20 seconds?

Colour in the fruit and vegetables!
Write how many you can name in the box.



Draw lines to match the shadow shapes to each member of the Smart Squad!



Exercise helps you stay healthy.

Remember to drink plenty of water every day!



Try to eat 5 portions of fruit and vegetables a day!