

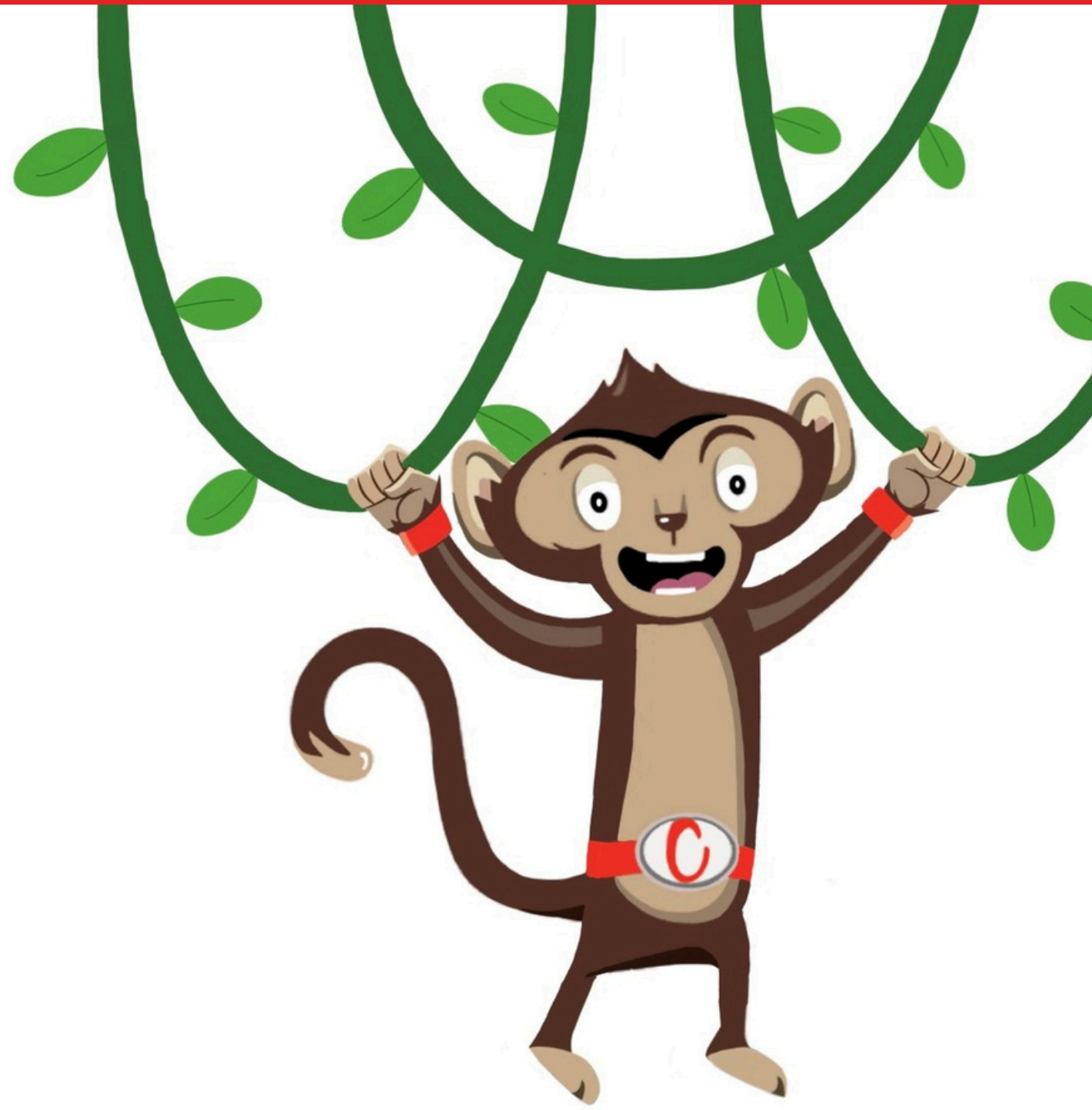
12 Days of Fitness



Cardio Booster



5 minutes



Instructions

Ask the pupils to get moving by acting out the 12 Days of Fitness!
Follow along with the song!

Health & Safety

- Ensure floors are clear of trip hazards before taking part in any activity
- Ensure pupils leave stationary on the table
- Remind pupils of their own spatial awareness
- Give clear instructions.

Teacher Tips

Put the Activity sheet on the board so the pupils know the words.

Talking through the actions might be needed, to familiarise the moves to the pupils.

12 Days of Fitness!

Ask the pupils to act out the 12 Days of Fitness! Feel free to sing along too!

“On the first day of fitness, my trainer gave to me”

12 jumping jacks

11 raise the roof's

10 knee lifts

9 side stretches

8 jogs in place

7 air punches

6 kicks to the front

5 hula hoops

4 jumping ropes

3 muscle poses

**2 scissors (feet apart, cross in front, feet apart
and then cross in the back)**

1 stork stand (balance on one foot)

...and a healthy heart for life!

