

Hi Team!

This is a fortune teller. Cut it out and play with the family. Use some of the ideas below or your own to give each other some activities and challenges when playing to try to help achieve your active minutes for the day.



throw and catches with a partner, hold a balance, 3 point balance, skipping, running on the spot, shuttle runs, run to the top of the stairs and back, hopping, press-ups, crunches, step ups, burpees, lunges, the plank, speed bounces, squats, mountain climbers, wall squats, Star jumps.