

START THE DAY WITH EXERCISE

By Mark, Helen & Naomi Johnson

CHALLENGE

Think of some actions you could do to accompany each verse of this song.

For example:

- **Stretch arms in a rainbow motion**
- **Knees up high**
- **Jog on the spot**

TALK ABOUT

Talk about how many different types of exercise there are. **What could you do around the house and garden to keep active?** Make a list such as such as hopping, star jumps, side bends etc.

SHARE IT

If you have space, with your family members, how about creating an obstacle course using objects you have lying around **e.g. jumping over cushions on the floor or throwing a ball in a bucket.** Try timing each other to see how quickly everyone can complete the course and if each person can improve on their time each day.

DID YOU KNOW?

You use 200 muscles to take a single step forward!

“JUST BELIEVE IN YOURSELF. EVEN IF YOU DON'T, JUST PRETEND THAT YOU DO AND, AT SOME POINT, YOU WILL.”
Venus Williams

Song taken from
Summer Assembly Songs
By Mark, Helen & Naomi Johnson

