

# 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 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

