

## Keep Fit

### Swap a ball for a balloon

- Have a go at keeping the balloon in the air for as long as possible.
- You can also kick the balloon around and do a variety of other exercises instead of a ball.

### Jumping Jacks

- Stretch arms and legs out to the side like a starfish while jumping. Return arms to sides and legs to centre on landing

### Obstacle Course

- If there's space in the living room, bedroom or garden and it's safe to do so, use cushions, tables and chairs to turn your chosen space into an obstacle course.
- You can incorporate movements like jumping, climbing, somersaulting and crawling from one obstacle to the next, alongside setting challenges including star jumps, balancing acts or throwing soft objects like a teddy bear into a basket at each obstacle.

### Make up a dance routine to a song.