

This starter activity, the children will most probably be unable to do unless they have siblings and family members that can get involved. If not choose the activity below to use as a warm up:

Ask your child to pick an action for numbers 1,2,3. For example running on the spot, star jumps etc. Ask them to move around the room/garden jogging or running.

When you shout out numbers 1,2 or 3 they need to complete the corresponding action they have chosen.

How do they feel after they have warmed up?

What have they noticed about their heartbeat?

<https://www.youtube.com/watch?v=08NlhjpVFsU>