**Keeping active**

Children should be active for around 180 minutes a day. Here are some ways to help them keep moving:

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| **Who can do the most star jumps?** |

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| **Play hide and seek** |

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| **How long can you dance for?** |

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| **Make some bubbles and chase them** |

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| **Keep a balloon in the air for as long as you can** |

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| **Make some nature collections,**  **this might be leaves, seeds or flower petals** |

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| **Practice fastening zips and buttons** |

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| **Practice putting on socks and shoes** |

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| **Practice using a knife and fork** |

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| **Play catch** |

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| **How log can you jog on the spot for?** |