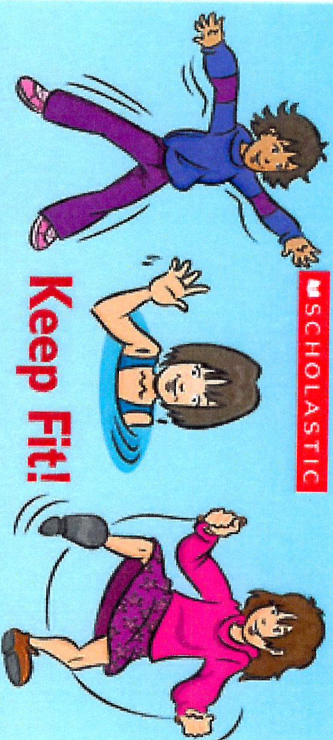




Keep Fit!

If you want to keep fit, why not go for a run?

Try skipping with a rope – that can be a lot of fun, and don't forget dancing – that's also good for you. Then, of course, there's swimming – you could try that too.

You might want to do a bit of running on the spot, and try a few star jumps, or maybe quite a lot.

You could try bending over, so your fingers touch your toes, or kick your legs up so your knees almost touch your nose.

You could play a game of football – in fact I think you should. And a quick game of tennis would really do you good.

Just walking at a fast pace will help to keep you fit. Cos you'll never stay healthy, if all you do is sit!

Jillian Harker



CHILD

Lets get physical

Last term we looked at keeping our bodies healthy by eating the right foods. This term we are looking at exercising to help us keep healthy.

What changes can we make to help us exercise more, and have fun at the same time.

We will be having fun at nursery exercising in different ways. We will be doing 15 minutes each day. Watch out for updates and photo's in nursery.

What do you and your children do at home, who has the most unusual or interesting way to exercise.

Let us know and bring some pictures for us to share.