

**Let's learn about exercising!**

**Exercising is when you do a physical activity so your body can stay fit and healthy.**

**Try some of these at home today!**



**Jog on the spot**



**Star jumps**



**Hop on one leg**

**Now try to think of some of your own exercises and practice them yourselves.**

**Click on the link below and choose one of the videos. Have a go at copying the actions.**

<https://www.bbc.co.uk/programmes/b006mvsc>