

Let's exercise!

Challenge 1



- Balance on your **left** leg.
- Count loud in **2s** (1 no sound, 2 say 2, 3 no sound...) till 10.
- Try to balance with the **right** leg.
- **Double 10.**
- Repeat the exercise on both legs but this time count loud every second up to **double 10.**

Challenge 2



- Count loud in **5s** (5, 10...) while doing 30 jumping jacks.
- Repeat the exercise but now count in **10s** while doing 100 jumping jacks.

Challenge 3



- Choose your own exercise.
- Count loud in 3s up to 30.

Challenge 4



- Use a skipping rope or jump on the spot.
- How many jumps can you make in **1 minute**?

Challenge 5

Now try challenge 1, 2 and 3 again but this time **count backwards**.

You may wish to take some pictures while doing exercise and send them to melanie.casha.sammut@ilearn.edu.mt

Enjoy!