

Fit Kids

Let's sing!



Hey, Happy Feet, if you want to feel great
We've got to keep our bodies healthy and stay in shape
You are what you eat, you know that it's true
what you put in, becomes a part of you!

What is your favourite sport?

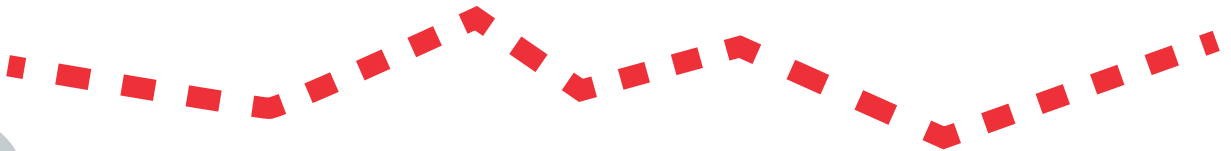


Fun Fact.

Exercise not only keeps you fit, helps your body grow strong and keeps you healthy, it also makes you feel great!



Practice your cutting below!



Activity Suggestions! Have a GO! GO! GO! Day!

- # Sporting picture cards for discussion
- # Happy Feet incursion
- # Fitness collage - cut and paste pictures from magazine of people doing sports
- # Parachute fun

- # Paint to the beat
- # Yoga session
- # Gymnastics session
- # Dance to the music session
- # Musical games such as musical freeze

- # Brainstorming session on ways to stay healthy
- # Singing action songs eg 5 cheeky monkeys (stand up and act out), Row row row your boat
- # Making musical dumbbells