



Health and Well Being

1. Joe Wicks

Join in with Joe Wicks' daily exercise class [live on YouTube](#) at 9am every day or follow these daily links from when the programme started:

[Monday exercise](#)

[Tuesday exercise](#)

[Wednesday exercise](#)

[Thursday exercise](#)

[Friday exercise](#)

2. Animal Exercise

Continue with the animal related movements this week. Look at the pictures below to make up your own movements and dance routines.

- Pretend to be different animals and move around like that animal.
- Play “musical stop animals” – play some music and when it stops call out the name of an animal for your child to imitate. Play the music and your child moves and dances like that animal until you stop and call out another type of animal. Repeat.
- Dance along to the Busy Feet animal activity. Click here: [Busy Feet](#)

slither like
a snake



swing like
a monkey



chomp like
a crocodile



stand like
a flamingo



flutter like
a butterfly



gallop like a
horse



bounce like
a kangaroo



stomp like
an elephant

