



Fit To five

This “Fit to five” program has been created to keep your child fit and healthy whilst not being in school, the program will use your child’s fundamental movement skills through five challenges (each challenge should last one minute), the program should be repeated every day.



Your score:

Day	How many "Jumping Jacks" can you do ?	How long can you balance on each leg for ?	How many times can you catch a tennis ball before dropping it?	How many press ups or sits ups can you do ?	How long can you run on the spot for ?
1					
2					
3					
4					
5					
6					
7					