

# SIMON SAYS – fitness fun

Shake your whole body

Jump up and down

Spin around in circles

Do a cartwheel

Wave your arms above your head

Walk like a bear on all fours

Walk like a crab

Hop like a frog

Walk on your knees

Lay on your back and pedal your legs in the air like you are on a bike

Pretend to sit in an invisible chair- five times (sit then stand, sit then stand)

Walk like a monster

Run in place for the count of ten

Shake your whole body for the count of ten

Hug yourself for the count of ten

Hold your arms out to your sides and make circles with them in the air

Hop on your left foot ten times

Hop on your right foot ten times

Hop around like a bunny

Balance on your left foot for the count of ten

Balance on your right foot for the count of ten

Bend down and touch your toes ten times

Reach behind you and try and hold your right foot with your left hand without falling over

Show off the muscles in your arms

Crawl like a baby

Clap your hands for the count of ten

Sway your hips ten times

Reach behind you and hold your left foot with your right hand without falling over

Lay on the floor and stretch out as far as you can for the count of ten

Pretend to shoot a basketball ten times

Pretend to jump with a skipping rope ten times

Pretend to ride a horse

Pretend to milk a cow

Take five of the biggest steps forward that you can

Pretend to lift a car

Do the strangest dance you can think of

Scream loudly and then silently making just the mouth action

March like a soldier

Play air guitar

