

Amazingly active

What A beautiful day to be **amazingly active!** And so many possibilities.



jogging or **running** is great exercise, and you can race your friends. Woah that's fast, that's called **sprinting!**



Star jumps are also fun, or **hopping** on one leg. **Skipping** with a rope. Great idea!

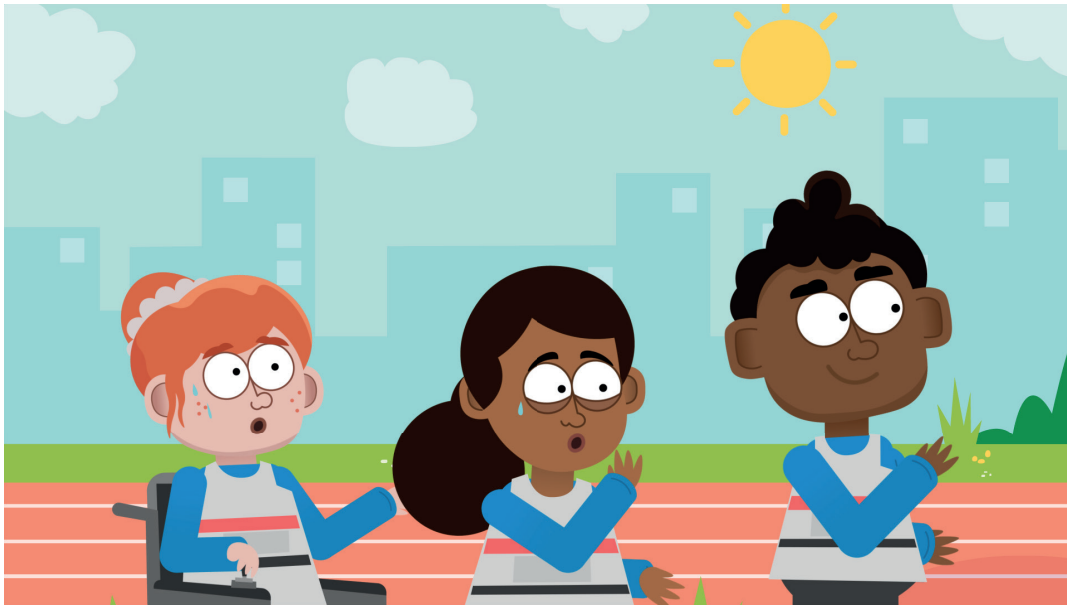
Playing sport is also a good way to stay **fit** and **healthy**. **Football**, **netball**, **cricket** or **hockey** are all team sports.



But just **lobbing** or **batting** a ball can be just as much fun. Especially when you catch it as well.



Phew, it can be a lot of **effort** and use a lot of **energy** to stay **active**. But it's always worth it...



...even if you are totally **exhausted**.



Keep it up!