

Exercise Counting Game

Are you ready for some exercising fun?

To prepare the activity, you will need to draw the 'Spin-an-Exercise' board (found below) on white card/paper. You can use a pencil and paper clip for the spinner. We are ready to go!



Spin-an-Exercise Activity:

To play, first spin the exercise spinner. There are six exercise possibilities - jumping jacks, running, squats, leg lifts, lunges, and push-ups. Ask an adult to model each exercise to you before starting the activity.

Spin the 1-10 spinner. The 1-10 spinner tells you how many of each exercise to do. For example, if you land on 'lunges' on the exercise spinner and '5' on the 1-10 spinner, then you have to do 5 lunges. If you spin 'running' as your exercise, then run in place and count to the number you spin on the 1-10 spinner.

Repeat the steps, this will allow you multiple opportunities to exercise and practise your counting at the same time!

Have a lovely time exercising and counting!