

Hello everyone,

I hope you are having a great week! We are going to learn more about numbers, with some counting that involves some movement.

If you have been watching Joe Wicks' morning PE, you will know that lots of his exercises can be counted. Here is his brilliant YouTube channel. Have a look and tune in for his Daily PE at 9.00am:

<https://www.youtube.com/user/thebodycoach1>

Why not try this 5 Minute Move Kids Workout:

<https://www.youtube.com/watch?v=d3LPrhIOv-w>

Today we are going to have a go at making our own home workouts!

### Mini Joe Wicks Workout

Our challenge today is to do different exercises and count how many of each exercise you do. Here are some exercises which you can count:

[https://drive.google.com/open?id=1M1UNs4XYO4fEVyONTBz\\_LAYntezwvbnN9wPpqkV7mMo](https://drive.google.com/open?id=1M1UNs4XYO4fEVyONTBz_LAYntezwvbnN9wPpqkV7mMo)

Feel free to use different exercises or experiment by making your own!

You can plan your exercises, to make a workout, before doing your workout. It could look like this:

- 2 Lunges
- 4 Shoulder Taps
- 8 Star Jumps
- 5 Squat Jumps
- 1 Burpee



Or, you can just count as you go along, choosing your exercises as you go.

The important thing is to count **carefully** and **accurately**, as well as to have fun and stay active!

I hope you enjoy being a mini Joe Wicks, I look forward to hearing what you have done!