







The rules are simple – the first sports superstar to colour in the ticks on all their activities wins. **Let the games begin!**

Outdoor

For those of you with a garden or outdoor space

 Apply sunscreen	Hop on one foot 10 times	Put on a hat 
 Have a drink of water	Eat a piece of fruit 	Do high knees for 10 seconds
Do 5 star jumps 	Do 5 forward and 5 backward arm circles	Sprint on the spot for 15 seconds 



Sun safety first! When the sun is out, don't forget to spend some time in the shade, drink lots of water and wear sunscreen that's at least SPF 15 and a 4 star UVA rating.

Indoor

For those of you who want to take part in the comfort of your own home

Sprint on the spot for 15 seconds	Hop on one foot 10 times	Have a drink of water 
 Eat a piece of fruit	Do high knees for 10 seconds 	Touch your toes 10 times
Do 5 star jumps 	Balance something on your head for 5 seconds	Do 5 forward and 5 backward arm circles



Eat more fruit and veg. As part of a healthy and balanced diet, it is important to get your 5 portions of fruit and veg every day! It'll also give you lots of energy to keep active.