

Date: _____

Can you plan your own exercise routine to keep fit at home and to share with your family? This can include 5 different exercises. (E.g. running, jumping, skipping, walking, high knees, push ups etc).

Exercise 1:

Exercise 2:

Exercise 3:

Exercise 4:

Exercise 5:

Resources needed:

Date: _____

Explanation of exercise:

Exercise recording sheet

Name	Heartbeat before exercise	Heartbeat after exercise