



ENERGY BURN

Fitness Card Draw

You have survived (and enjoyed) a lot of different ways of exercising in your P.E. classes (maybe you call it gym class).

You can still exercise at home even though you can't go to gym class.

Make fitness cards of all the different exercises you know.

Then draw a card. This is the exercise you will do.

Roll a dice. This is how many times!

Try to do all the cards!

