

Beach Ball Fitness

WHAT YOU WILL NEED:

- Beach ball
- Permanent Marker

WHAT TO DO NEXT:

1. Blow up your beach ball.
2. Talk to your child about fitness activities. Ask your child to help you think of fitness activities that they like doing. For example hopping, summersaults, jumping jacks, etc.
3. Use the marker to write their favourite fitness activities on each colour of the beach ball (see image below).
4. Play catch using the beach ball. Every time the beach ball is caught, do the fitness activity that land underneath the child's hands.
5. Have fun exercising!

