

Big Morning Move Checklist

This year we've teamed up with Joe Wicks to get active and raise money for BBC Children in Need.

Join schools all over the country to take part in an exciting and exclusive activity session designed especially for children. It's the perfect start to the day, helping you to get moving and feel great!

What you will need:

- Water bottle
- PE kit or other suitable clothing
- Waterproof clothing (if you are doing the Morning Move outside)
- Trainers or pumps
- Healthy snack (for afterwards)

Try these fun activities to warm up and get you ready for the Big Morning Move!

Listen to the following vegetable commands:

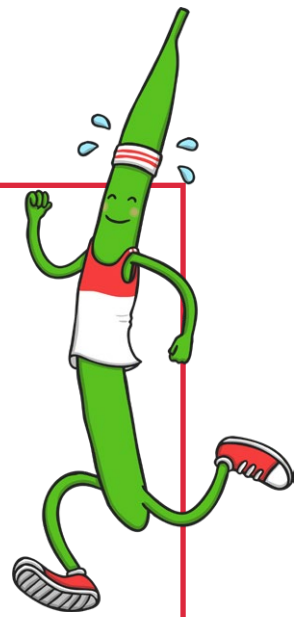
Runner beans = Jog around the space.

Frozen beans = Stop moving and freeze.

Frozen runner beans = Jog on the spot with your knees high.

Spring onions = Leap into the air.

Spinach = Show off your Popeye muscles!



Pretend you have paint on your feet.

Try to spread the paint by jogging everywhere!



Now you have paint on your hands too!

Can you use your hands and your feet to cover the floor in footprints and handprints!