



GET CREATIVE



15 MINUTES



PREPARATION
NEEDED

FITNESS WHEEL

PART OF THE FITNESS & HEALTH THEMED PROGRAMME



▶▶ GETTING INTO THE ACTIVITY

Create a fitness wheel with some of your favourite exercises and games, to help keep getting fit varied and fun.

- 1) Mark a paper plate into 6 even sections. Colour each section in a different colour to make the wheel of fitness look bright and colourful.
- 2) On each section of the wheel write or draw a fitness activity or game. This might include press-ups, star jumps, kick ups, running on the spot, planks and so on.
- 3) Draw a large arrow on a piece of card and cut it out.
- 4) Carefully piece a hole in the centre of the non-pointy end of the arrow. Feed the split pin through this hole and piece it through the centre of the plate. Loosely fasten the pin in place, ensuring the arrow is free to spin around the plate.

Now your fitness wheel is ready to use. Spin the arrow and see which fitness activity the wheel chooses. Children should complete that activity for a set period of time before spinning the arrow again to see which activity is chosen next.

☑☑ WHAT YOU'LL NEED

- Paper Plate
- Colouring Pens
- Card
- Scissors
- Split Pin

! KEEPING EVERYONE SAFE

Where possible, children should have their own equipment (pens, scissors etc). Where using shared equipment, please keep this to small groups and ensure appropriate hand hygiene breaks before and after activity. Maintain social distancing as required.