

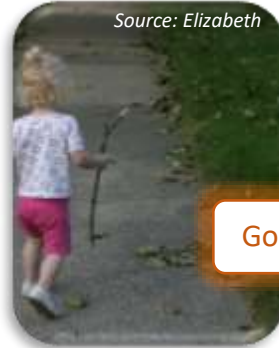
## Resource 1

Look at the resource below, which shares some examples of ways we can stay active. Can you think of any other ways?



Housework

Source: kelly



Source: Elizabeth

Going for a walk



Source: borisdenice

Sport such as tennis, football, netball



Swimming

Source: Dplanet



Source: K McDonald

Puddle jumping

Visiting the park



Source: J Segrott



Source: USAG- Humphreys

A dance class or club



Source: B Moss

Building a den – outside or in your home

Which do you think you will enjoy doing?  
Are there any you don't think you would enjoy?