

Get Fit with Pip and Friends

Learning objective: To understand the importance of fitness and exercise for our bodies.

Draw a picture of Pip and her friends doing different fitness activities. Include at least 3 of their friends.

Draw: Draw a large park or playground scene with Pip and her friends doing different fitness activities. Include the following elements: a jogging track, a swimming pool, a set of exercise bars, and a sunny sky. Use bright and vibrant colours to make your drawing look fun and active.



Label words: exercise · fitness · running · jumping · swimming · push-ups · sit-ups · yoga · dancing · smiling

Steps:

1. What exercise is Pip doing in your drawing?
2. Name one of Pip's friends who is also exercising.
3. How does doing exercise make Pip feel?
4. What is happening in the background of your drawing?
5. What is a benefit of exercising regularly?
6. Draw a big smile on Pip's face to show she is happy exercising.
7. Add some fitness words from the word bank to your drawing.