

My script for my exercise video

Hello, my name is Miss Fermor and I am here to take you through a circuit of different exercises. You will need a skipping rope, a hula hoop and some space to move around in. Exercise is important because it keeps your body healthy. It is good for your heart, lungs, bones, muscles and even your brain! It also helps to keep us happy too. Hopefully you will enjoy these exercises and feel great for the rest of the day!

Exercise 1 will be jumping jacks. This will work the legs, arms and the core. We will do this for 40 seconds. Watch me..... (*show how to do jumping jacks*)

Well done everyone! Next we are going to do hula hooping for 40 seconds. This is great for your core muscles! Join in with me everyone.... (*show how to hula hoop*)

Next, grab your skipping rope. We are going to skip for 40 seconds. If you are struggling to jump, try stepping over the rope instead. This is going to work the whole body! Let's go....(*show how to skip*)

Okay, now it's time to get those knees up. Feel your core burning and the muscles in your legs strengthening. Follow my lead..... (*show how to do high knees*)

Let's finish off with some short sprints. Decide where you are going to run to and GO! This will really help your hamstrings, quadriceps, glutes, hips, abdominals and calves. Run, run, run...

Fantastic work everyone! Now, if you are feeling energetic enough redo this circuit 2 more times!