

AGENT STRONG NEEDS YOUR HELP!

Follow Agent Strong's lead and do these exercises with a grown-up. Tick the moves you try.



TRY THESE MOVES WITH A GROWN-UP:

DAY 3

Keep your body active for 5 minutes by walking, wheeling, marching on the spot, or using repeated arm movements.

Try a balance, stretch or hold that makes your muscles work (for example, holding steady, reaching tall, or a slow controlled twist).

Place 4-6 objects around you as code points (these could be books or toys). Start in the middle. Move to one, complete a quick task (e.g. 5 jumps), then return to base. Visit them all without stopping. Stay fast and in control!



Parent/carer prompt:
Talk together about how moving made you feel. Ask which activity helped you feel more energised or strong.