





Let's Go! Science Trails



Exercise - KS2

<u>Exercise</u>	<u>Pulse</u>	<u>How I feel/look?</u>	<u>How many seconds for the tongue twister?</u>
Resting - Classroom 			
Walking - Library 			
Reading a Book - Library 			
1 minute of Star Jumps - Park 			
Running around for 1 minute - Park 