**Fitness**





Once you have completed the session, tick it off on your sheet.

Decide how much you enjoyed the session and draw the correct number of smiley faces.

|  |  |  |
| --- | --- | --- |
| **Fitness session** | **Tick when complete** | **How much did you enjoy this session? Smiley Face Images, Stock Photos & Vectors | Shutterstock** |
| Keeping healthy |  |  |
| Moving & growing |  |  |
| Muscles needed for movement |  |  |
| The importance of fitness |  |  |
| Balance 1 |  |  |
| Balance 2 |  |  |
| Co-ordination |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| I liked it | I really enjoyed it. | I loved it | It was awesome. |
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