

# Let's Get Fit!

How fit are you? Test how fit you are by doing some activities from the box below.

Give yourself a star for each exercise you can do.


## Keep Going

**Arms** – Swim one width of a swimming pool as fast as you can.  
(WARNING - an adult must be with you!)

**Legs** – Walk up and down your stairs at home three times without stopping.

**Body** – Dance to some music for ten minutes.

*Out of breath? You need to get fitter!*


## Be Flexible

**Arms** – Touch your hands behind your back,  
one arm going up over your shoulder.

**Legs** – Sit down and cross your legs. Can you touch your nose with your toes?

**Body** – Stand up and bend sideways. Can your left hand touch your left knee?  
Now do the same with your right hand and your right knee.

*Not very bendy? You need to get more flexible!*


## Be Strong

**Arms** – Pick up a heavy book. With both hands hold it in front of you and count to ten.

**Legs** – Stand against a wall and slide down it so your knees bend.  
Repeat this ten times.

**Body** – Sit opposite a friend, feet touching.  
Take it in turns to pull each other forward.

*Not very strong? You need to build up your muscles!*

Would you like to get more stars the next time you take your fitness test? If the answer is 'yes', then this is the book for you. It gives you lots of fun and safe ideas that you and your friends can try out, both indoors and out.

**So come on. What are you waiting for? Let's get fit!**

Date:

**Let's Get Fit**

- 1) Find the word that is written in capital letters. Why is it written in capitals?  
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- 2) Find the word 'flexible'. What other words mean the same thing?  
\_\_\_\_\_
- 3) What should you give yourself when you have completed an activity?  
\_\_\_\_\_
- 4) Does the writer think safety is important?  
\_\_\_\_\_
- 5) What kind of person do you think wrote this page?  
\_\_\_\_\_
- 6) Do you think they are fit or unfit? Why?  
\_\_\_\_\_
- 7) Does the writer think exercising should be boring?  
\_\_\_\_\_
- 8) Is it a good idea to exercise with a friend or alone?  
\_\_\_\_\_
- 9) What type of music do you think you should dance to in this test? Why?  
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\_\_\_\_\_
- 10) Would you find this fitness test useful and enjoyable?  
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