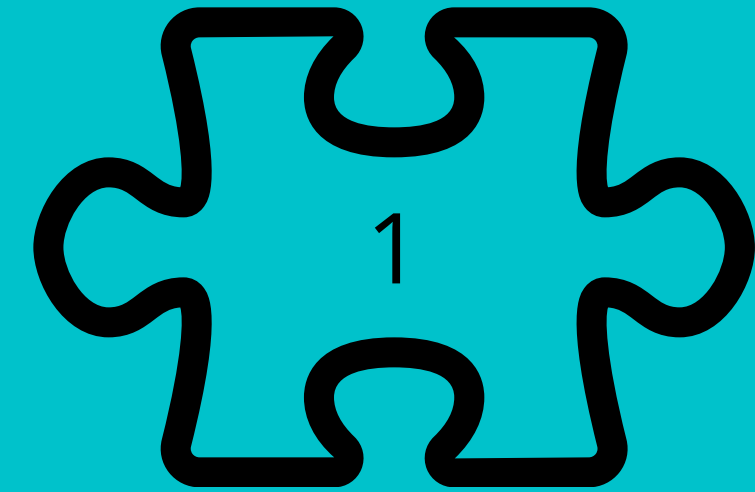


PHYSICAL



Word association



Get Set 4
Education

- At the start of the day choose five words that are likely to be said throughout the day e.g. your name, kitchen, Mum/Dad, thank you etc.
- Choose an exercise for each of those words e.g. kitchen = star jumps, your name=lunges.
- Whenever you hear that word mentioned throughout the day, you have to complete 10 of the exercise you have chosen.
- Challenge yourself by completing 20 of the exercise each time the word is mentioned.
- Colour in one of your #1 puzzle pieces.
- Tweet how you are getting on @GetSet4Ed

www.getset4education.co.uk

