

Task 1 - <https://www.nhs.uk/10-minute-shake-up/shake-ups/be-lumieres-guest>

Be Lumiere's Guest!

- 1** Mark out a line with a skipping rope or some string. Along 1 side, place cushions or toys at different distances away from the line.



- 2** Now stand on the line and pose like Lumiere by standing on one leg, putting your arms in the air at right angles like a candlestick.



- 3** You're against the clock! Jump along the line holding your pose, then pick up each item and move it to the other side - make sure your feet do not leave the line.



- 4** Be careful - if you lose your balance or drop anything, you must go back to the start.



- 5** If friends want to play, take it in turns and time yourself to see who can do it the quickest.



Task 2 - <https://www.nhs.uk/10-minute-shake-up/shake-ups/bellwethers-book-bundle>

Bellwether's Book Bundle

- 1** Collect a pile of 10 books and mark a start and finish line.



If you can't find any books, try any flat object you can balance on your head. E.g. a cushion, baking tray, home learning book.

- 2** Now balancing them on your head one at a time, carefully walk the books to the finish line.



- 3** Be careful - if you drop it, you must go back to the start.



- 4** Time yourself and see if you can beat your time as you get better at it.

