



Do some aerobics to see how you warm up



Bees stay warm in the winter by beating their wings. Do some aerobics, check your temperature before and after... how much did you warm up?

Activity Type

Add image: /home/pawprintfamily/public\_html/\_theme/pdf/icons/activity-settings.png

Time



Environment



Price



Age

5 - 7  
7 - 11  
14 - 18

Subject

P.E.  
Wellbeing

Soft Skills

Flexibility  
Leadership  
Relaxation  
Self motivation

