



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?

Time



Environment



Price



Activity Type

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Age

5 - 7
7 - 11
14 - 18

Subject

P.E.
Wellbeing

Soft Skills

Flexibility
Leadership
Relaxation
Self motivation

