



MAKE AN EXERCISE SPINNER

You will need: • card • glue • a split pin • a small bead • scissors

- 1** Cut out the spinner pentagon and the arrow.
- 2** Glue the spinner and arrow onto the card and cut them out.
- 3** Make a hole in the centre of the arrow and the spinner by using a sharp pencil. Get an adult to help you with this.
- 4** Attach the arrow to the spinner using a split pin, placing a bead between the arrow and the spinner face. Make sure the arrow rotates freely.
- 5** Draw or write a different physical activity in each triangle.
- 6** Spin your exercise spinner and enjoy trying the physical activity that the spinner selects for you.

