



6th

It's a Cracker Christmas Pud!



How to play:

- Pupils stand in a space, they will be making a Christmas pudding and they need to put in all of the ingredients.
- Ask the pupils to suggest an ingredient for the pud e.g. raisins.
- There are 10 raisins in the pud. Can they do 10 star jumps?
- Ask pupils for another ingredient for their pud e.g. oranges. There are 9 oranges in the pud. Can they do 9 tuck jumps?
- Repeat the game counting down by one each time until you get to 0. Change the exercise each time e.g. lunges, squats, touch the floor and jump up etc.



#ActiveAdvent

