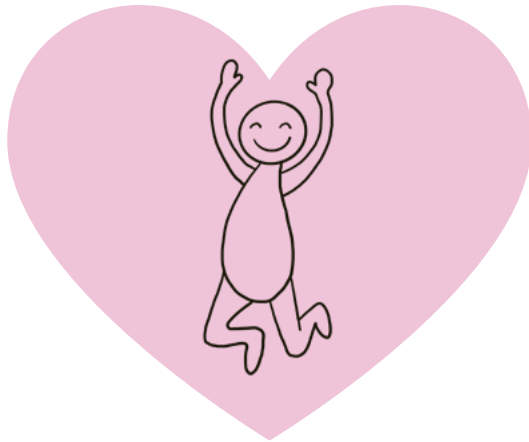


Your heart counts

Exercise makes your heart happy! It gets your heart pumping and makes it stronger.

Try counting how many exercises can you do in 10 seconds.



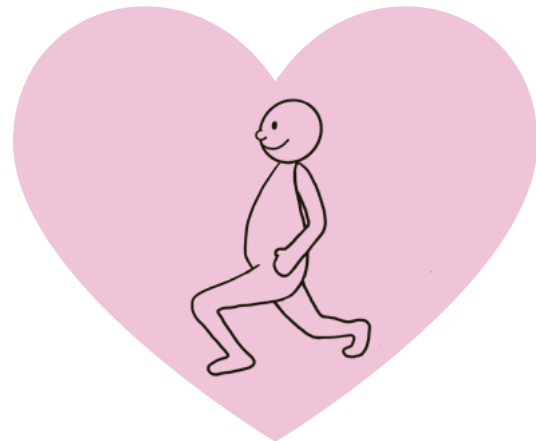
I counted jumps



I counted toe touches



I counted twirls



I counted lunges

How does this relate to maths?

You'll be practising your counting and timing skills.