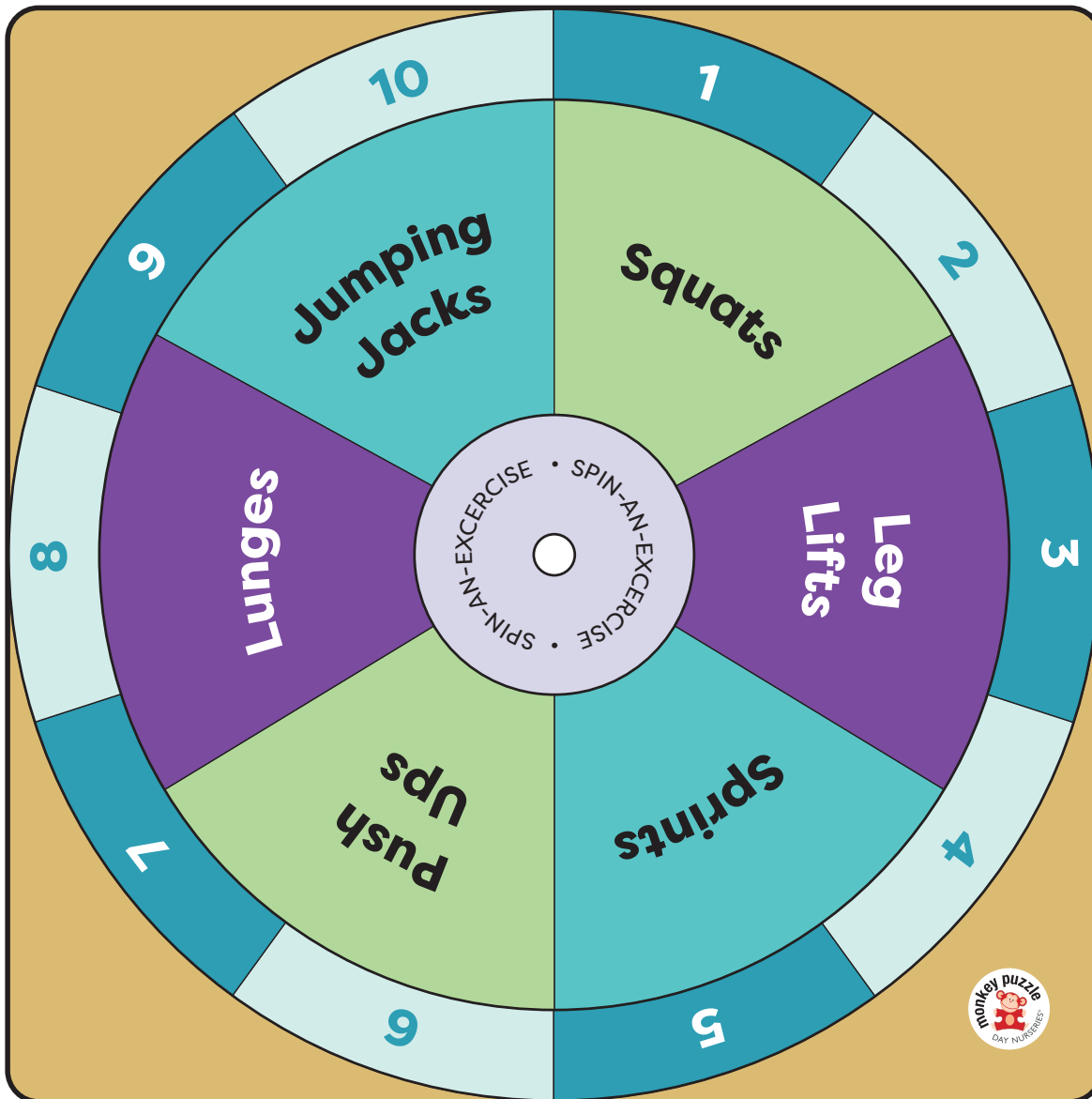




# Spin-an-exercise



## Material:

- Spin-an-exercise Template
- Scissors
- A4 Thick paper/Card
- Split pin

## Instruction:

1. Print the Spin-an-exercise template onto thick paper/card.
2. Cut out the Spin-an-exercise board and arrow using the black outline as a guide.
3. Cut a hole in the spin board and the middle of the arrow, connecting them together with a split pin - ensuring the arrow can move.
4. Spin the arrow once to choose the exercise, and then spin the arrow a second time to determine how many times you need to carry out the chosen exercise. EXAMPLE: I spin the arrow once and land on push ups. I spin the arrow a second time and land on 4. This means I must do 4 push ups.

Enjoy! Tag your Spin-an-exercise at #mpactivities

Find more activities on our website at [monkeypuzzledaynurseries.com/learning-at-home](http://monkeypuzzledaynurseries.com/learning-at-home)