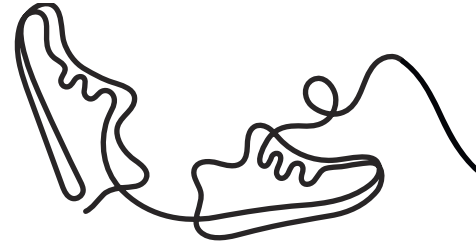


BBC Children in Need

Draw Your Favourite Move

Exercise is great and there's no better way to exercise than to have a favourite move that you enjoy doing.

Do you have a favourite move? If you do, draw it here. If not, make one up!



How will you keep the move going? How often will you do it?

Complete this sentence:

I am going to _____

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