

# High Five Friday

## Be Active Activity

### Move It Monday

When we exercise our bodies release a special 'feel-good' chemical called endorphins. This means that moving your body is a great way to boost your mood and feel happy. The pupils of Castledawson Primary were staying active on Move it Monday by trying out different obstacle courses. They took turns, cheered each other on and thought of ways to challenge themselves by making small changes to the obstacle course.

You could try to design your own obstacle course with help from an adult at home or in school. You will need to think about the equipment you have and plan how the course will look.

Which of these skills will you need to complete your obstacle course?

Hopping, skipping, throwing, balancing, jumping or running.