



## IN THE ARMY

### **Today's Seriously Fun Adventure...**

Today we are all army cadets and we are going on an adventure with Harry. You must listen to the sergeant and follow the instructions.

We will practise marching in the parade in time with the music. We will be moving around the field, crawling through the trenches and jumping over potholes. We'll be going left, right, forwards and backwards through the fields and trenches.

Be careful to do it safely and make sure you don't bump into anything or each other.

We will practise rolling and catching the ball, but you will need to get down low when we are in the trenches!