



## IN THE ARMY

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

Today we are all army cadets and we are going on an adventure with Bella. 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. We will even try marching in zig-zag lines and changing directions!

Cadets, you will also practise your punching - be careful to do it safely and make sure you don't bump into anything or each other.