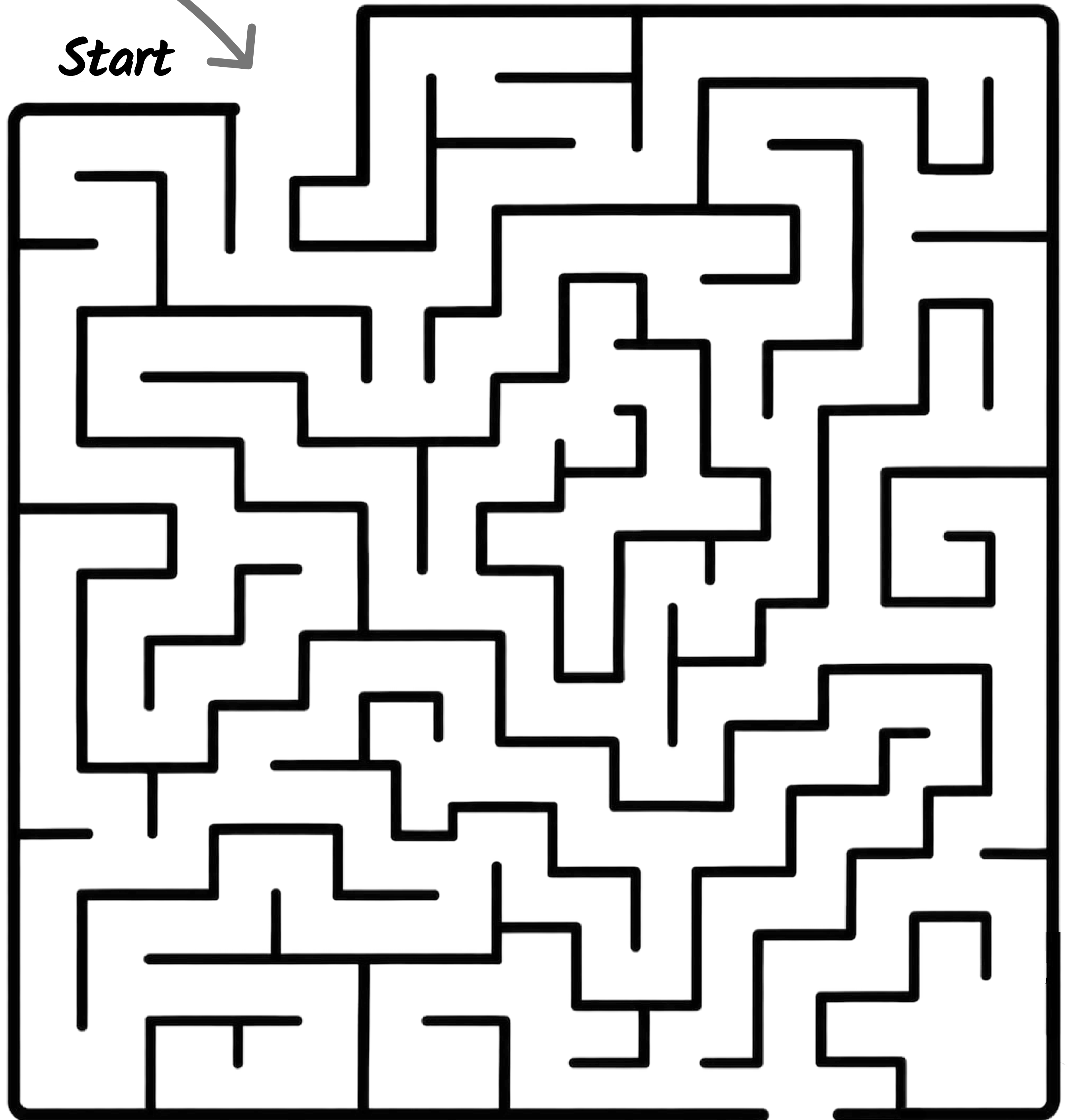


JACK'S BIG RUN



**HELP JACK
GET TO THE
FOOTY FIELD!**

Jack has to make it to the footy field before kick-off. Can you help him find the way? Watch out for the wrong turns!



Finish



JACK'S MOVE OF THE DAY

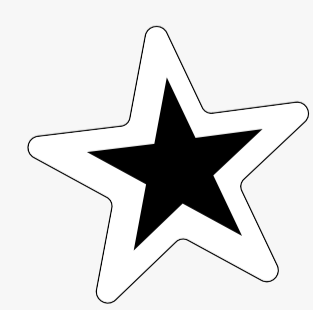
Moving your body every day makes you feel incredible. I run everywhere, even to the fridge! Here are three things you can try right now:



Run around your backyard as fast as you can, three times



Jump as high as you can, five times in a row



Hop on one foot for 10 seconds, then swap!

