Exercises - A5 Cards

Graphical user interface, application

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N.B. Fold along the line and laminate before use.

Exercises

Jogging

Run from one spot to another and then back.

A picture containing doll

Description automatically generated

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A picture containing toy, doll

Description automatically generatedA picture containing toy, doll

Description automatically generated

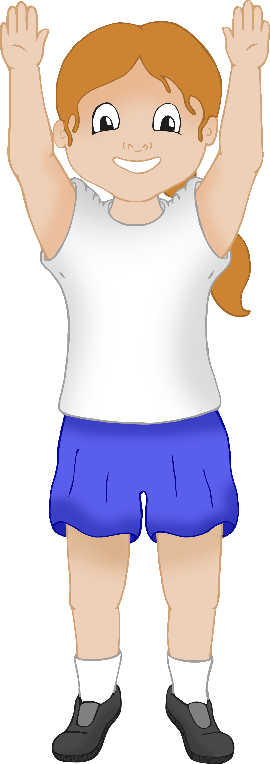
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Exercises

Star Jumps

Stand with arms at your sides. Then jump, spreading your arms and legs wide.

A picture containing text, vector graphics

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Exercises

Stretch up tall and then touch toes

Stretch up tall on your tiptoes and then bend down to touch your toes.

A picture containing toy, doll

Description automatically generated

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Exercises

Hopping

Stand on one leg and then hop!

A picture containing toy, doll

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Exercises

Balance on one leg

Stand on one leg. Then try to stay as still as you can for as long as you can!

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A picture containing text

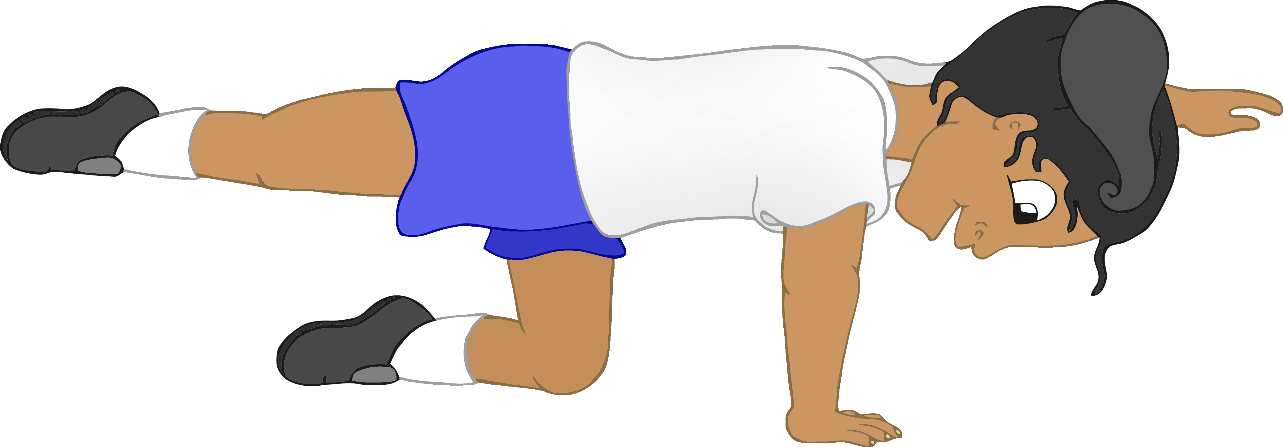
Description automatically generated

Exercises

Push Up

On all fours bend your arms, then straighten them again.

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Exercises

Balancing Table Pose

On all fours reach one arm forwards and the opposite leg backwards. Hold that position.