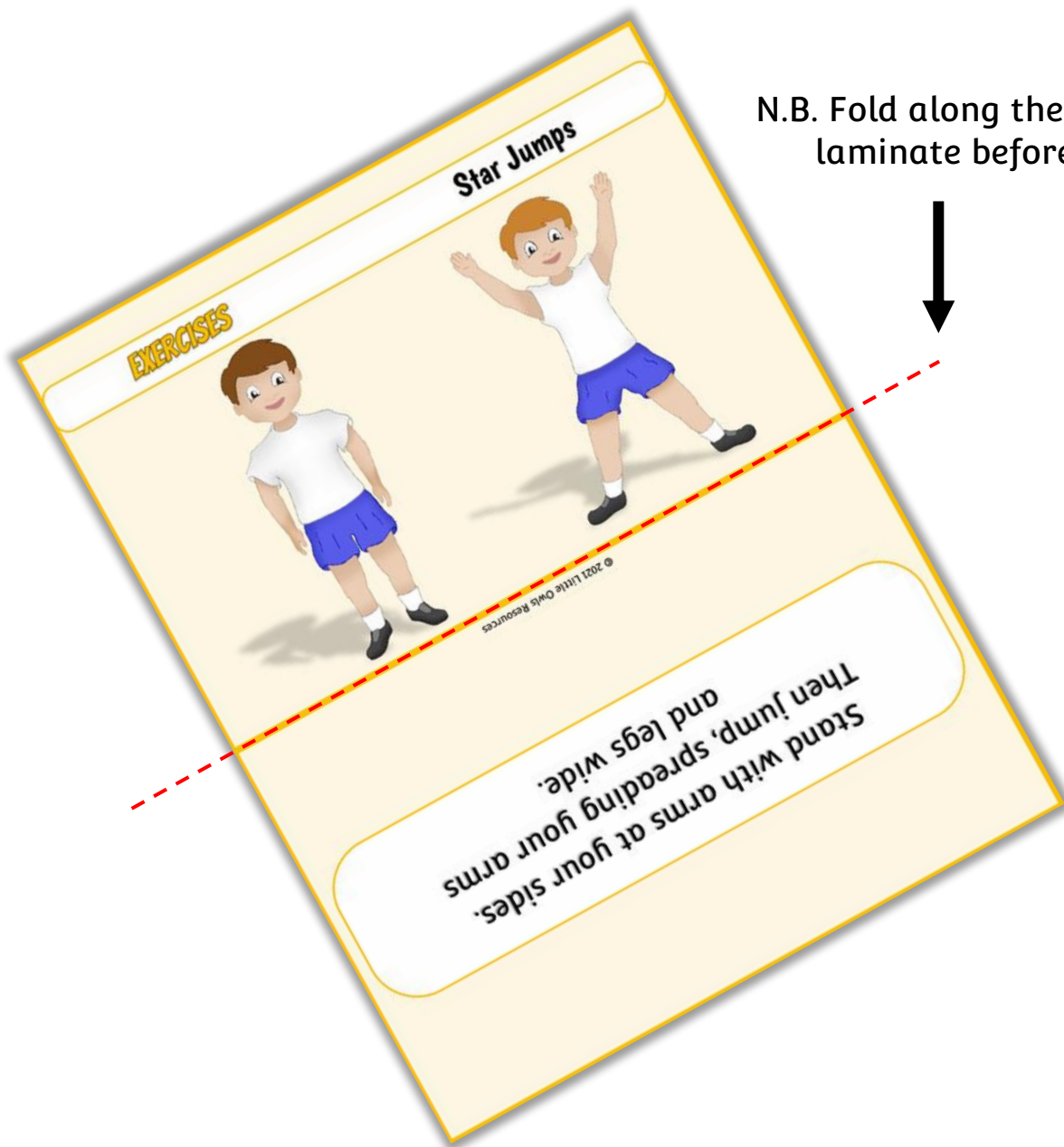


Exercises – A5 Cards



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



EXERCISES

Jogging

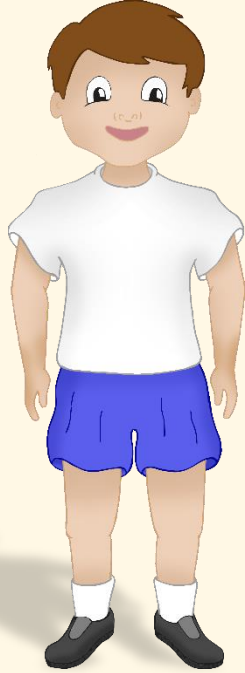


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**Run from one spot to
another and then back.**

EXERCISES

Star Jumps

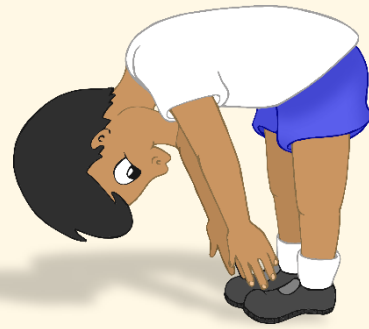
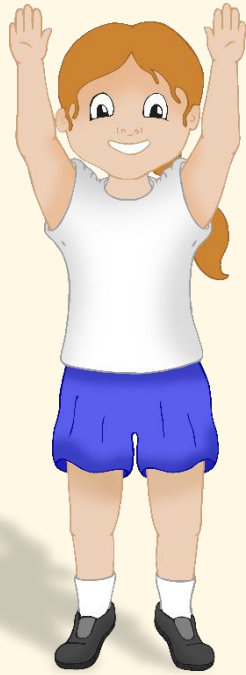


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Stand with arms at your sides.
Then jump, spreading your arms
and legs wide.

EXERCISES

Stretch up tall and then touch toes



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

EXERCISES

Hopping



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Stand on one leg and then hop!

EXERCISES

Balance on one leg

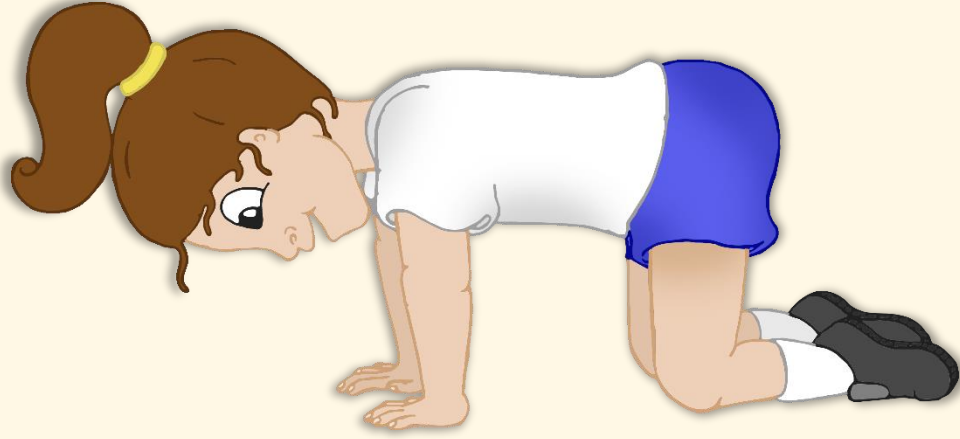


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Stand on one leg. Then try to stay
as still as you can for as long as
you can!

EXERCISES

Push Up

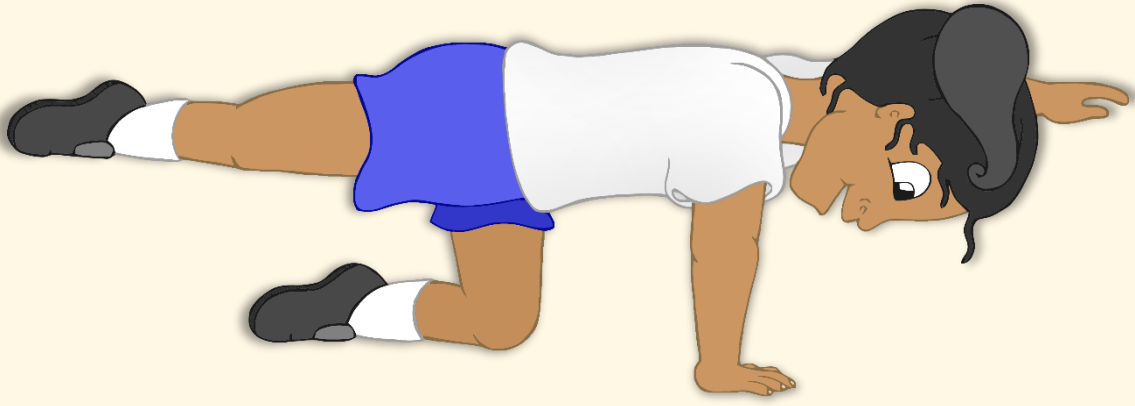


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On all fours bend your arms,
then straighten them again.

EXERCISES

Balancing Table Pose



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