

Ways to Play

- Print and cut out cards, laminate for longer use
- Use with a dice or something similar
- Roll the dice and lay out the cards in order of the dice
- Demonstrate and perform the exercise cards made more fun by the child choosing which to do
- One colour is for more cardiovascular exercises and the other colour for more stretches

1



6 Tuck Jumps

2



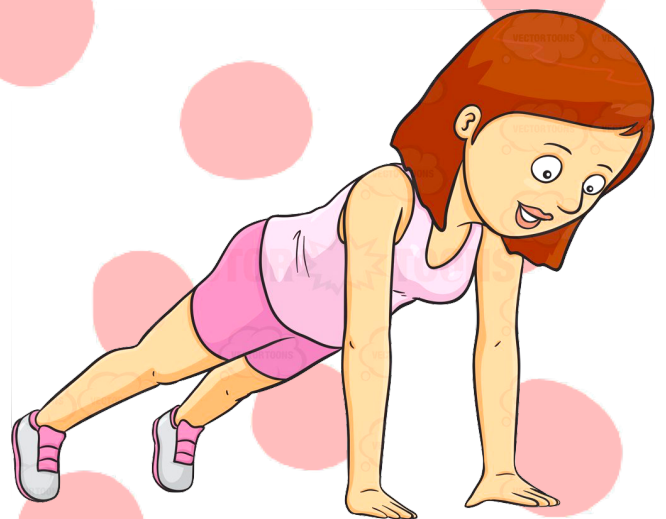
**20 Jumping
Jacks**

3



**30 High Knees
Marching**

4



5 Press Ups

5



**12 Tummy
Crunches**

6



**15 Elbow to
Knee**

1



**Side Stretches
for 15 seconds**

2



**Touch Toes for
20 seconds**

3



**Butterfly Knees
for 30 seconds**

4



**Balance one leg
for 10 seconds**

5



**Leg Stretches
for 30 seconds**

6



**Thigh Stretches
for 15 seconds**



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