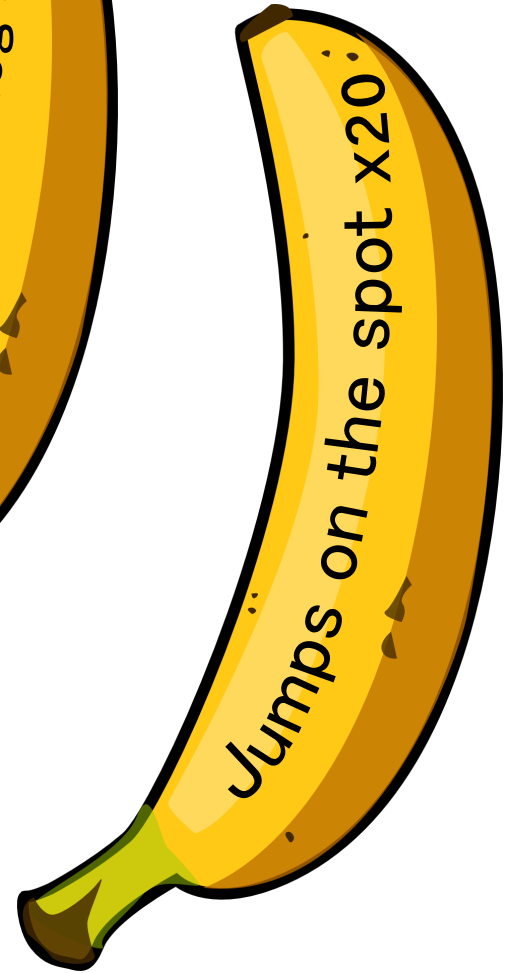
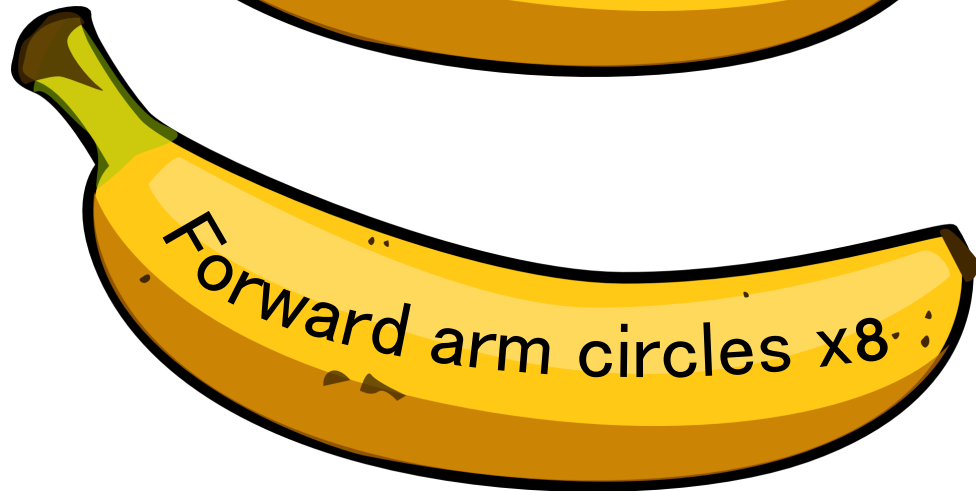
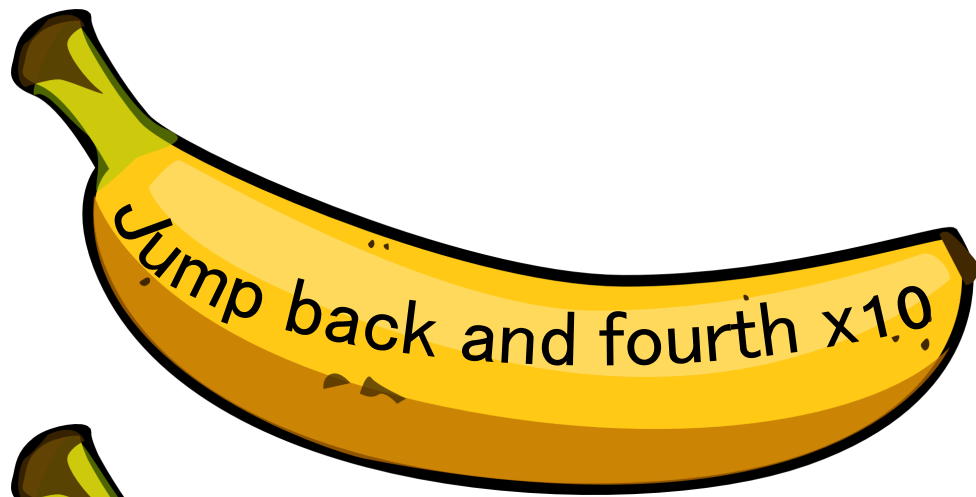


Ways to Play

- Print out the Monkey as large as you can and print out the banana's in normal a4
- You can laminate them for longer lasting if you have one
- Cut around the objects and blue tack them around the monkey, maybe to a wall or a board or something the child can reach and see
- They pick which banana to do and when, then they complete that exercise move
- This can be done as an exercise or warm up, or can be done as a day starter or as a way to get them moving again just if they've been sat down for a while







Tuck jumps x8



Touch toes for 30 secs



Star jumps x15



Ankle rolls both ways x5



Spin in a circle x3



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