

Physical Activity

Challenge Cards



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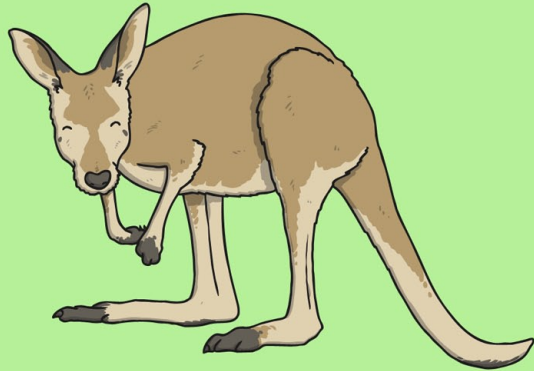


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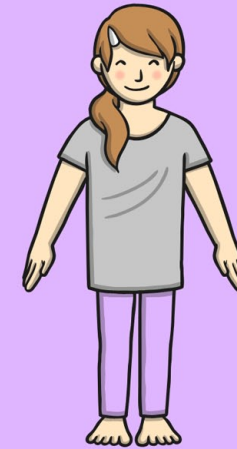


Jump up and down like a kangaroo for 1 minute.



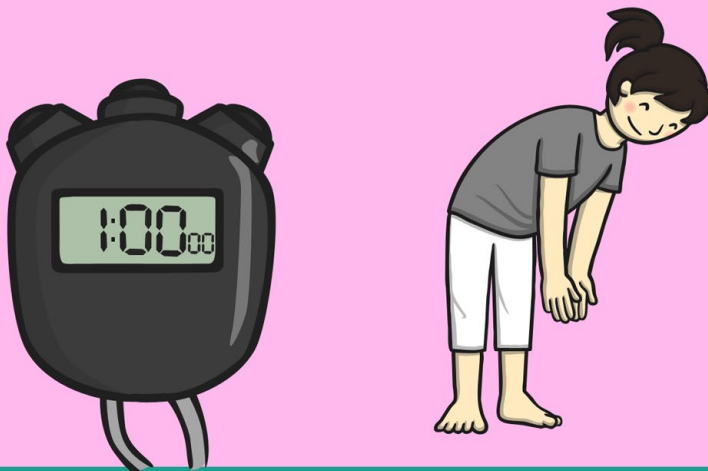
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Do star jumps for 1 minute.



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Stretch up high, then touch your toes, as many times as you can in 1 minute.



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Run on the spot for 1 minute.

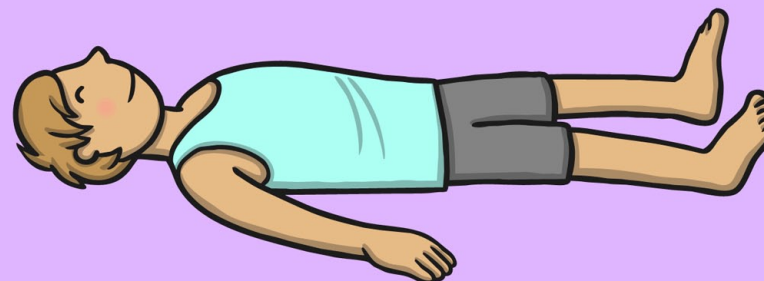


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Stretch your left hand high, then touch your right foot. Now stretch your right hand high, then touch your left foot. Repeat as many times as you can in 1 minute.



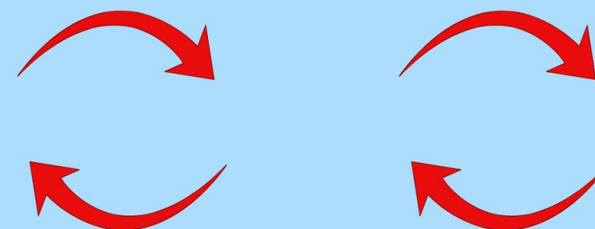
Do sit ups for 1 minute.



Jump up and down on all fours, like a frog. Do this for 1 minute.



Hold your arms out straight in front of you. Move them so that your hands trace a circle in the air. Do this for 1 minute.



Hop up and down on your left foot for 1 minute.



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Hop up and down on your right foot for 1 minute.



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Shake your arms and
legs for 1 minute.



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