

| <b>B</b>                                               | <b>I</b>                                    | <b>N</b>                                | <b>G</b>                        | <b>O</b>                      |
|--------------------------------------------------------|---------------------------------------------|-----------------------------------------|---------------------------------|-------------------------------|
| Stand up & sit down 10 times                           | 10 frog jumps - count!                      | Do the hokey pokey                      | Pretend to gallop like a horse  | Log roll with a teddy         |
| Dance party to a song                                  | Spin around in a circle 5 times- both ways! | Make an obstacle course                 | Angry cat & Happy cat stretches | Practise skipping with a rope |
| Side step along a line                                 | Throw and catch a ball                      | <b>FREE</b>                             | Balance on 1 foot for 10sec     | Go for a walk                 |
| Hang on something                                      | Reach up and down to your toes 10 times     | Jump like a star & sing twinkie twinkie | Go for a swing                  | Make a hop scotch             |
| Find something to balance along - forwards & backwards | Bunny hop on the grass                      | Play hot lava with a balloon            | Wall sit and read a book        | Do some hoola hooping         |

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| Go for a swing                          | Play hot lava with a balloon    | Stand up & sit down 10 times   | Do some hoola hooping                       | Reach up and down to your toes 10 times                |
| Jump like a star & sing twinkle twinkle | Make a hop scotch               | Side step along a line         | Spin around in a circle 5 times- both ways! | Find something to balance along - forwards & backwards |

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