

ANIMAL CIRCUIT

Physical activity is vital for children of all ages. Kids should accumulate 60 minutes or more of moderate to vigorous physical activity every day (involving mainly aerobic activities). Activities that are vigorous, as well as those that strengthen muscle and bone, should be incorporated at least 3 days per week.

EXERCISE RIGHT *at home*

01 FROG JUMPS X 10

Squat down with your hand between your knees, now hop like a frog.



02

BEAR WALK X 20

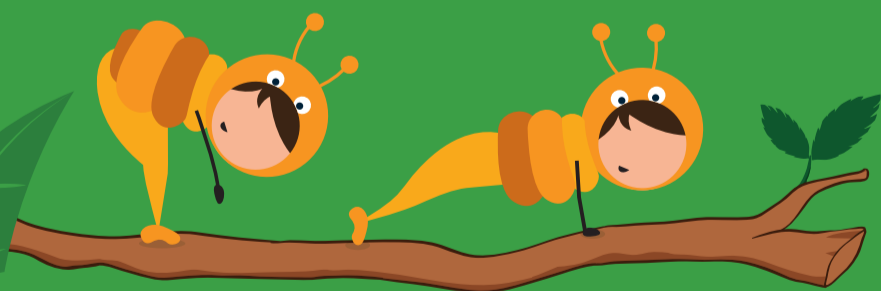
Hands and feet on the floor, hips high, walk left and right like a scary bear.



04

INCH WORMS - X 10

Stand tall, keeping your legs as straight as possible, and reach your palms to the floor. Now crawl out to a plank, lift your hips to the sky and inch your feet towards your hands (small steps), trying to keep knees straight.



03

CRAB CRAWL X 20 SECONDS

Sit on the floor and reach your hands behind you with palms flat to the floor. Now lift your bottom up and crawl forwards, backwards and sideways like a crab.



05

CHEETAH RUN X 20 SECONDS

Run as fast as you can on the spot.



06

GORILLA WALK X 10 EACH DIRECTION

Squat down with your hands between your knees, now reach your hands past your right knee and place your palms on the ground. Lift your hips to the sky and in one movement slide your body across and land with your hands beside your left knee.

