

Shuttle runs



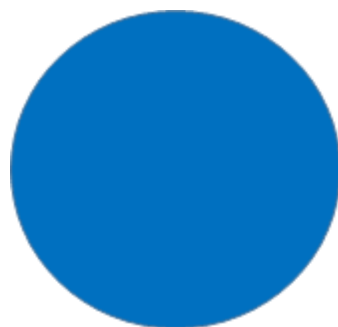
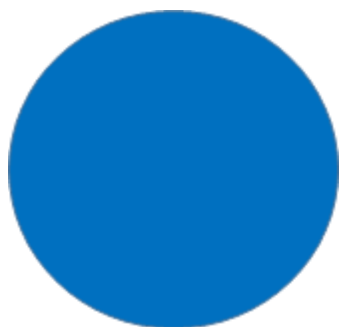
Star jumps



Turns on the spot



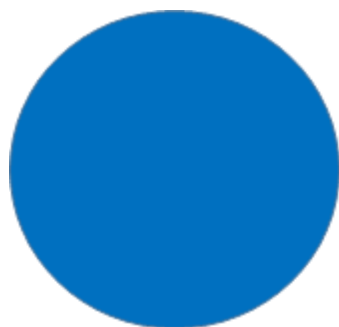
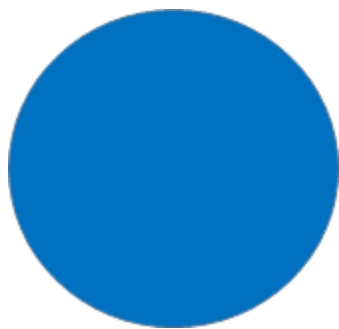
Throw and catch a beanbag



Bunny hops



Skips on the spot



Touch your toes



Run and kick a ball



Tuck jump



Wiggle your body

