

CHALLENGES

Can you do these exercises for 30 seconds without stopping? 60s? Longer?

AGILITY 1

PYTHON



Stand with your feet shoulder width apart, bend your knees, jump and land (make sure you bend your knees when you land).

PARROT



Jump with two feet and turn to face the right before you land! (90 degree turn).

TIGER



Jump with two feet and turn to face the opposite direction (180 degree turn)

GORILLA



Choose one leg to stand on and then hop on that leg. Can you hop 5 times without falling over?

RHINO



Hop with one foot and turn to face the right before you land! (90 degree turn)

GIRAFFE



Try the gorilla and rhino challenge with your other leg (you don't want it to feel left out!!)