


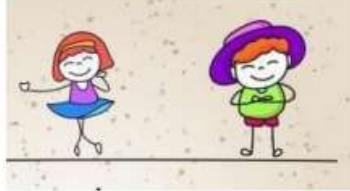


WEEK 2

<p>Jump & Reach</p>	<p>Start from a standing position beside a flat wall/ door. Bend your knees and jump up as high as you can. As you jump reach your arm upwards and touch the wall/ door at the highest point you can reach. Can you reach higher on the next jump??</p>	
<p>Knee Raise & Pull Down</p>	<p>Start by standing with both feet on the ground and your arms reaching up overhead. As you raise one foot off the ground, drop both arms down by your side. Return to the start position and do the same with the opposite foot. Once you get used to the exercise, see how quick you can go!</p>	
<p>Quick Feet</p>	<p>Staying in one spot, run as quick as you possibly can for as long as you can. Pump your arms forward and back to help you!</p>	

<p>Side/ Front Line Jumps</p>	<p>Start by standing with two feet on one side of a flat line. Then bend your knees and jump with both feet together, landing on the other side of the line. Keep repeating. Try jumping forward and back or side to side. As you get used to the exercise try going quicker/ jumping higher.</p>	
<p>Bear Crawl</p>	<p>Keep your arms and legs stiff and straight while you "crawl" on your hands and feet like a big bear.</p>	