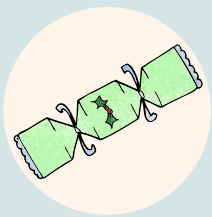
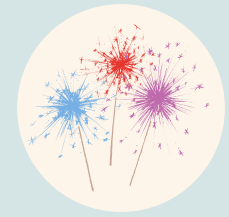




WINTER CHALLENGE



GET THE WHOLE FAMILY INVOLVED





WINTER CHALLENGE



A - 5 STAR JUMPS

B - 6 FROG JUMPS

C - 2 PUSH UPS

D - 7 STAR JUMPS

E - 4 ARM CIRCLES

F - TOUCH YOUR TOES

G - RUN ON THE SPOT

H - DO A ROLY POLY

I - 5 JUMP TUCKS

J - HOP LIKE A ROBIN

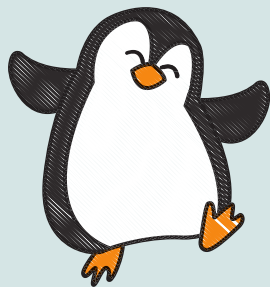
K - 6 SIT UPS

L - HOP ON ONE FOOT

M - DO THE PENGUIN

SHUFFLE FOR 10

SECONDS



N - 4 ARM CIRCLES

O - 2 PUSH UPS

P - SPIN ROUND IN A
CIRCLE 5 TIMES

Q - 5 STAR JUMPS

R - 3 BUNNY HOPS

S - 2 JUMP TUCKS

T - 6 SIT UPS

U - 10 FROG JUMPS

V - TOUCH YOUR TOES

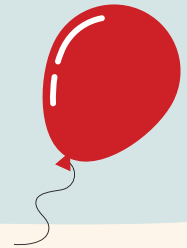
W - 20 ARM CIRCLES

X - DO A ROLY POLY

Y - RUN ON THE SPOT

Z - PASS A BALLOON
AROUND YOUR BODY

5 TIMES



SPELL OUT THE PICTURES TO COMPLETE THE
ACTIVITY LISTED - SEE BELOW

HAT = ROLY POLY, 5 STAR JUMPS, 6 SIT UPS

COLD = 2 PUSH UPS, 2 PUSH UPS, HOP ON ONE
FOOT, 7 STAR JUMPS

AUTUMN CHALLENGE

A - 5 BUNNY HOPS

B - 6 FROG JUMPS

C - 2 PUSH UPS

D - 3 STAR JUMPS

E - 4 ARM CIRCLES

F - TOUCH YOUR TOES

G - RUN ON THE SPOT

H - DO A ROLY POLY

I - 5 JUMP TUCKS

J - 10 BUNNY HOPS

K - 6 SIT UPS

L - HOP ON ONE FOOT

M - PASS A BALL

AROUND YOUR HEAD

10 TIMES

N - 4 ARM CIRCLES

O - 2 PUSH UPS

P - YOU CAN CHOOSE

Q - 5 STAR JUMPS

R - 3 BUNNY HOPS

S - 2 JUMP TUCK

T - 6 SIT UPS

U - 10 FROG JUMPS

V - TOUCH YOUR TOES

W - 20 ARM CIRCLES

X - DO A ROLY POLY

Y - RUN ON THE SPOT

Z - PASS A BALL

AROUND YOUR BODY 5

TIMES



SPELL OUT THE PICTURES - SEE BELOW

CAT = 2 PUSH UPS, 5 BUNNY HOPS, 6 SIT UPS

RED = 3 BUNNY HOPS, 4 ARM CIRCLES, 3 STAR JUMPS

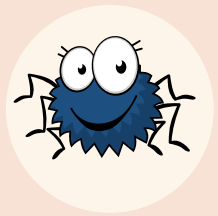
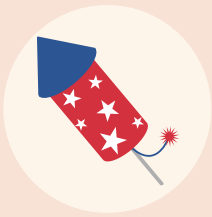
AUTUMN CHALLENGE



RED



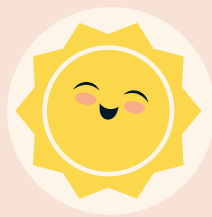
WIND



COLD



DIWALI



GET THE WHOLE FAMILY INVOLVED

