

Exercise stops around the home and garden

Place the exercise below (and some of your own) in safe places around the home or garden

Choose (or ask Alexa!) a number e.g. 10 15 20 25 50 etc

Your child then moves around the house and visits the exercise stops and does that amount at each one.

Variations: Pick a number of stops to visit **or** an order to complete **or** a time limit



Star jump





Standing mountain climbers



EXERCISE IN GYM **STANDING MOUNTAIN CLIMBERS**



Punching





Grapevine



1. Grapevine lovetoknow
advice women can trust

d ← **c** ← **b** ← **a**

Slide your left sole on the floor and bring it back into the air to start a grapevine to the left.

Step to the right on your right foot.

Step your left foot in back of your right foot.

Step to the right on your right foot.

a → **b** → **c** → **d**

Step to the left on your left foot.

Step your right foot behind your left foot.

Step to the left on your left foot.

Slide your right sole on the floor and bring it back into the air to have your right foot free.



Lunge



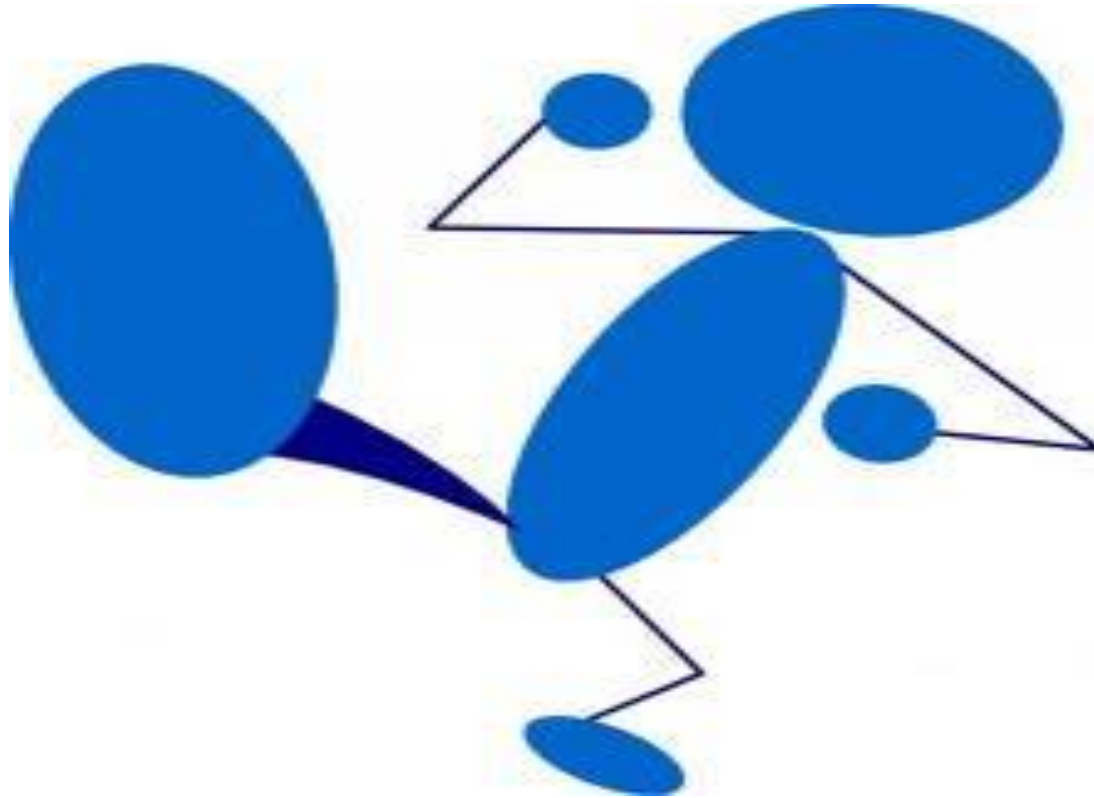


Jog on spot /fast feet



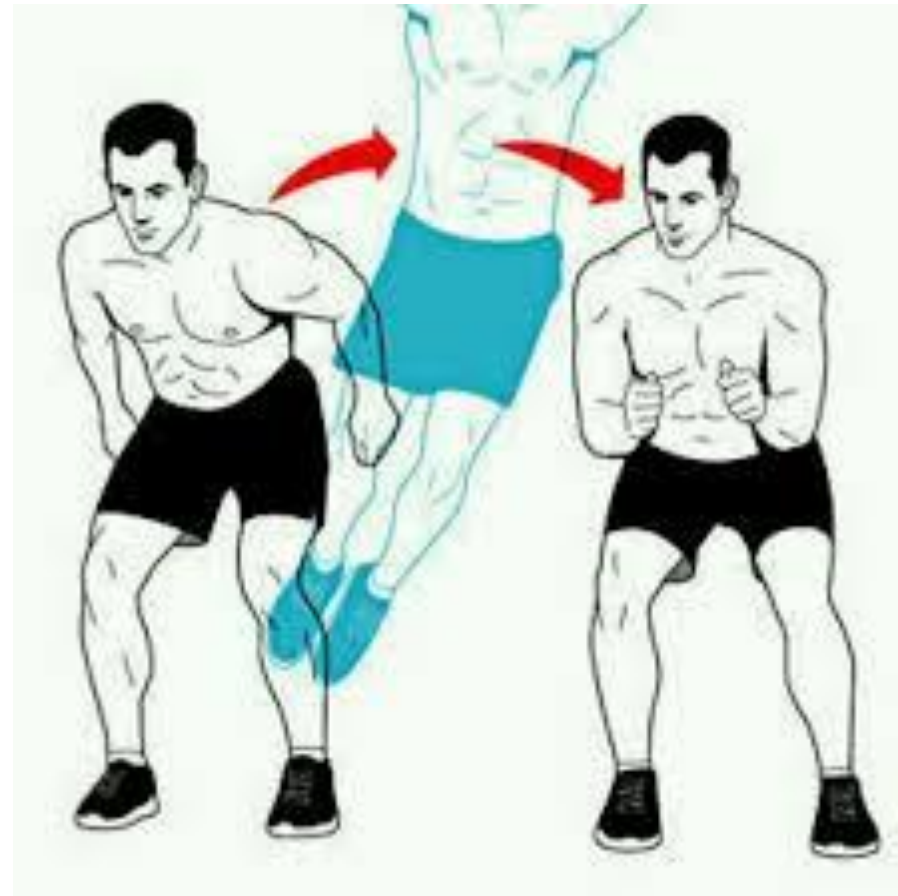


Kick outs





Side to side jumps





Heel flicks

