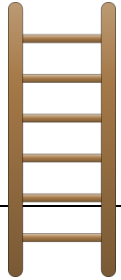
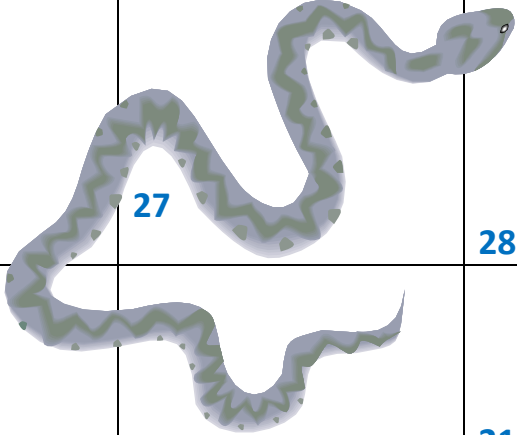


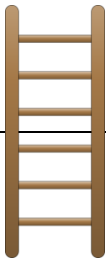
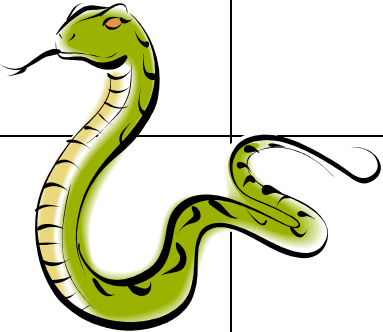
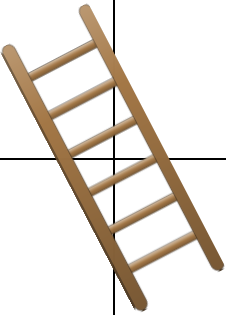
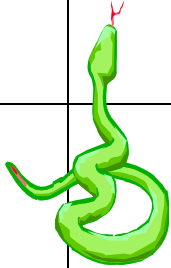


<p>Tell the rest of the group the word we say at the beginning and end of yoga</p> <p>25</p>	<p>26 Roll or cartwheel</p> 	<p>Balance on one leg</p>  <p>27</p>	<p>28</p> <p>Oh no! Take 6 counts to roll down to the floor (starting at your head) until you get to number 22</p>	<p>29</p> <p>Choose another player to mine being a dinosaur</p>	 <p>30</p>
<p>Oh no! Do 13 zigzag jumps with your feet together down to number 11</p> <p>24</p>	<p>23 Well done! Balance on each leg for 3 seconds to reach number 26</p>	<p>22</p> <p>Rest</p>	<p>21 Make a shape with another player</p>	<p>20 Rest</p> 	<p>19 4 jumps turning a ¼ turn each time</p>
<p>Skip in a circle on your own or with a player of your choice</p> <p>13</p>	<p>14 Point and flex your feet</p>	<p>15 Do 5 jumps in parallel, 5 jumps in first and 5 jumps in parallel again</p>	<p>16 Pick another player to make a shape with 3 body parts touching the floor</p>	<p>17 Well done! Do 3 leaps up to number 20</p>	<p>18 Mime being a clown, giant or elf.</p>
<p>Rise on your tip toes for 12 seconds</p> <p>12</p>	<p>11 Rest</p> 	<p>10 Oh no! Do a slide or wriggle and go back down to number 4</p> 	<p>9 Rest</p>	<p>8 Tap 8 different body parts with your hands</p> 	<p>7 Oh no! Hold the plank/ front support for 10 seconds and go back down to number 5</p> 
<p>High 5 everyone in the group before rolling the dice</p> <p>1</p>	<p>2 Well done! Do 8 little jumps up to number 11</p>	<p>3 3 shoulder shrugs</p>	<p>4 Clap your hands 4 times</p>	<p>5 Well done! Do 4 star jumps up to number 9</p>	<p>6 Do 6 funny faces</p>