

Speed Cardio Power Endurance

Adam Apple

Super Star Card #39

An apple a day takes the toxins away.

Exercise: Jog on the spot
Exercise type: All body 3+
Put a smile on your face and run in place.

Balance Cardio Co-ordination Agility

Tommi Tomato

Super Star Card #25

I'll help you fight coughs and sneezes and other nasty diseases.

Exercise: Switch jump
Exercise type: Lower body 4+
With your hands on your waist begin with your left leg in front and then jump to switch to your right leg in front. Repeat.

Flexibility Cardio Agility Power Co-ordination

Cheeky Cherry

Super Star Card #27

I help you sleep and keep your heart going to the beat.

Exercise: Clap jacks
Exercise type: All body 4+
Stand with feet apart, hands stretched out in front in clap position. Jump to feet together and arms stretched out to the sides. Repeat.

Speed Agility Power Endurance Co-ordination

Lizzie Lemon

Super Star Card #46

When you have a cold in your chest, my zest will get you back to your best.

Exercise: Burpee
Exercise type: All body 6+
Begin standing tall, move into a crouch position with your hands on the floor in front of you. Then, kick your feet back into a push up position, return your feet back to the crouch position quickly then jump up into the air as high as you can.

Speed Cardio Power Endurance

OJ Orange

Super Star Card #7

Juice me for Vitamin C, I will boost your immunity.

Exercise: Shadow boxing
Exercise type: Upper body 3+
Pretend you are boxing your shadow, punch, jab and uppercut. Use your fancy footwork to dodge side to side, lunge and duck, skip and shuffle your feet.

Cardio Balance Speed Co-ordination

Polly Pear

Super Star Card #8

I'm so sweet to taste and help your body get rid of waste.

Exercise: Knee raise
Exercise type: Lower body 3+
Stand up tall, feet together and raise your knee until your femur (the longest bone in your body) is straight, lower and switch legs. March 2, 3, 4.

Power Cardio Speed Agility Co-ordination

Kurly Kale

Super Star Card #20

Let it be known, I'm the best for strong skin and bone.

Exercise: Twist jump
Exercise type: Trunk 3+
Feet together, arms out to the side. Jump and twist to one side, then the other. Bend your knees as you land. Keep going, how many can you do?

Flexibility Agility Strength Endurance

Larry Lettuce

Super Star Card #30

I balance your body from head to toe, the greener I am the more you grow.

Exercise: Side Lunge
Exercise type: Lower body 4+
Feet wide apart. Shift your weight to one leg and bend it. Straighten your other leg. Switch directions and lean the other way. Keep your upper body strong and straight.

Cardio Balance Speed Co-ordination

Carol Cranberry

Super Star Card #32

To help your body cleanse, we are your friends.

Exercise: Skip
Exercise type: All body 3+
If you do not have a skipping rope, imagine you do. Throw it over your head and JUMP, JUMP, JUMP.

Agility Cardio Strength Endurance Co-ordination

Buddy Bean

Super Star Card #36

Beans means great proteins.

Exercise: Bear crawl
Exercise type: All body 3+
On all fours. With your bottom high in the air, step forward with one of your hands. Next step forward with the opposite foot. Step forward with the other arm and then other foot.

Balance Agility Strength Endurance Co-ordination

Walter Watermelon

Super Star Card #21

I will quench your thirst and give you an energy burst.

Exercise: Side to side jump
Exercise type: All body 3+
Standing with your feet close together, jump to your right, then to your left. Imagine jumping sideways over a line or jump higher, over a hurdle. Remember to bend your knees slightly as you land. You can also have a bounce in between each take off.

Balance Cardio Agility Co-ordination

Star Strawberry

Super Star Card #4

I take cuts and bruises away and give you energy to go and play.

Exercise: Dance
Exercise type: All body 3+
Find a happy space, put a smile on your face and dance about the place.