

Flexibility

Coco Coconut

Super Star Card #24



I grow upon a tall palm tree, you get healthy fats and oils from me.

Exercise: Shoulder Circles
Exercise type: Upper body 3+
A gentle warm up. Circle your shoulders backwards and then forwards.

Flexibility Cardio Strength Endurance

Cara Cauliflower

Super Star Card #26



I have the power to stop disease and taste great with a little cheese.

Exercise: Arm circles
Exercise type: Upper body 3+
Stretch your arms out straight to the sides and circle them. Small circles, big circles, forwards and backwards.

Strength Endurance Co-ordination

Paddy Potato

Super Star Card #29



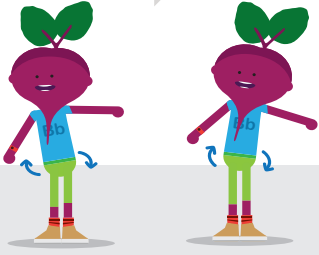
Leave on my skin to keep the fiber in.

Exercise: Bicep curl
Exercise type: Upper body 3+
From straight, bend your arm at your elbow and bring your clenched fist, weight or bean bag close to your shoulders. Your upper arms should stay still. Only the forearms move. Your body should not lean backward or forward at any time. Lower slowly and repeat.

Flexibility Co-ordination Core

Benny Beetroot

Super Star Card #16



I can make you stronger so you can run for longer.

Exercise: Waist Circles
Exercise type: Trunk 3+
Stand in place and make a circle with your waist. First one way then the other.

Flexibility Core

Olly Onion

Super Star Card #31



I clean your blood and fight disease, make sure you cook with lots of these.

Exercise: Hip circles
Exercise type: Trunk 3+
Stand tall with your hands on your hips. Raise your right knee in front of you, inline with your hips. Circle your hip to the right side, return your foot to the ground and repeat with the left leg.

Power Cardio Speed Agility Co-ordination

Kurly Kale

Super Star Card #20



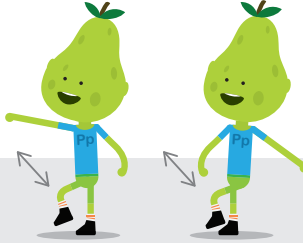
Let it be known, I'm the best for strong skin and bone.

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?

Cardio Balance Speed Co-ordination

Polly Pear

Super Star Card #8



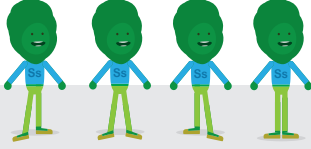
I'm so sweet to taste and help your body get rid of waste.

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.

Accuracy Co-ordination

Suzu Spinach

Super Star Card #15



All day long I will keep you strong.

Exercise: V step
Exercise type: Lower body 3+
1. Wide step forward with one leg. 2. Wide step forward with the other leg. 3. First leg steps back. 4. Second leg steps back together. Repeat.

Flexibility Cardio Balance Co-ordination

Scot Squash

Super Star Card #38



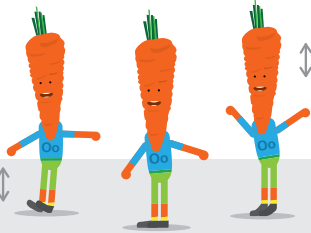
I will keep you smart, I protect your brain, lungs & heart.

Exercise: Leg curl
Exercise type: Lower body 3+
Bend your knee to bring your heel up to the back of your thigh and return to the ground. Switch legs.

Flexibility Balance Co-ordination

Chris Carrot

Super Star Card #13




I can help your eyes to see in dark night skies.

Exercise: Heel to toe
Exercise type: Lower body 3+
Stand in place, lift your toes, keeping your heels on the floor. Hold for a count of five. Lower slowly. Lift your heels, keeping your toes on the floor. Repeat.

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.

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.