

Flexibility Cardio Strength Endurance Co-ordination

Adam Apple Super Star Card #1



An apple a day takes the toxins away.

Exercise: Jumping Jacks
Exercise type: All body 3+
Start with feet together then jump to feet apart and hands all the way up over head. Back to the start. Repeat.

Balance Cardio Co-ordination Agility

Tommi Tomato Super Star Card #25

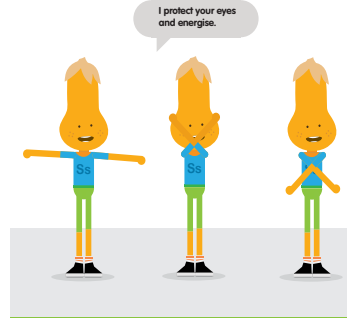


I'll help you fight coughs and sneezes and other nasty diseases.

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 Core Co-ordination

Syd Sweet Potato Super Star Card #28



I protect your eyes and energise.

Exercise: Arm cross under cross over
Exercise type: Upper body 3+
Begin with both arms stretched out to the side. Raise your arms and cross them over your head, bring them back to shoulder height then lower and cross them at waist height. Repeat.

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.

Speed Cardio Power Endurance

OJ Orange Super Star Card #7

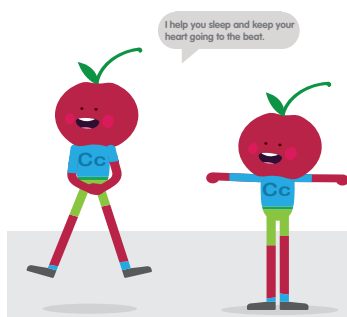


Juice me for Vitamin C, I will boost your immunity.

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.

Flexibility Cardio Agility Power Co-ordination

Cheeky Cherry Super Star Card #27

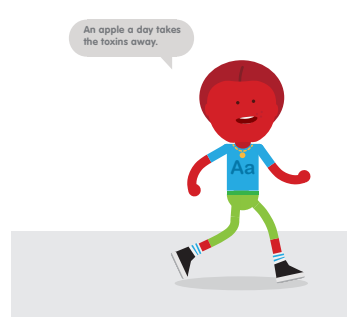


I help you sleep and keep your heart going to the beat.

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 Cardio Power Endurance

Adam Apple Super Star Card #39

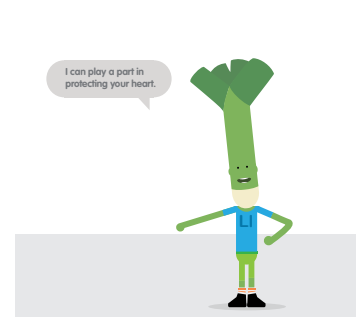


An apple a day takes the toxins away.

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

Flexibility Cardio Co-ordination

Lee Leek Super Star Card #41



I can play a part in protecting your heart.

Exercise: Swimming arms
Exercise type: Upper body 3+
Use your arms to pretend you are swimming. Try using different strokes like the front crawl, breaststroke, the butterfly and the backstroke.

Cardio Balance Speed Agility Endurance

Cob Corn Super Star Card #33

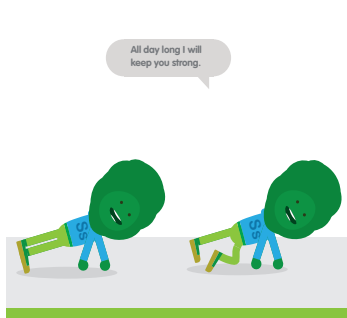


Frozen fresh or on the cob, protecting your brain is my job.

Exercise: Jump
Exercise type: All body 3+
How high can you jump? Can you bend your knees as you land? Can you jump side to side, forward and back?

Core Cardio Strength Endurance Co-ordination

Suzy Spinach Super Star Card #50



All day long I will keep you strong.

Exercise: Mountain climber
Exercise type: All body 6+
Begin in a push-up position, with your weight supported by your hands and toes. Bend your right knee and bring it up in the direction of your right hand, quickly switch to bring your left leg into this position and return your right leg back to straight and repeat, repeat, repeat!

Power Cardio Strength Endurance

OJ Orange Super Star Card #43



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

Exercise: Squat jump
Exercise type: All body 6+
Perform the squat exercise, strengthen your core and jump in the air explosively. Land back in the original squat position, repeat. Be sure to land in control. If you knees hurt when performing this exercise, perform a normal squat.

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.