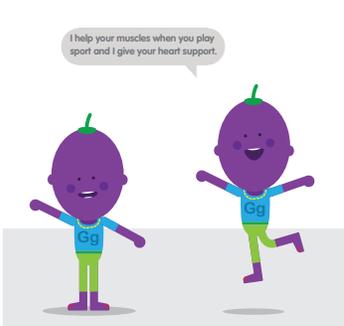


Balance Cardio Endurance

Gabby Grape

Super Star Card #11



I help your muscles when you play sport and I give your heart support.

Exercise: Hop
Exercise type: Lower body 3+
Try hopping on one leg. Can you keep your balance? Now try the other leg.

Balance Co-ordination Endurance

Adam Apple

Super Star Card #48



An apple a day takes the toxins away.

Exercise: Hop Scotch
Exercise type: Lower body 4+
Hop then jump in place from one foot to two feet to one foot to two. Keep going.

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.

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.

Flexibility Cardio Balance Agility Co-ordination

Bobby Blackberry

Super Star Card #42



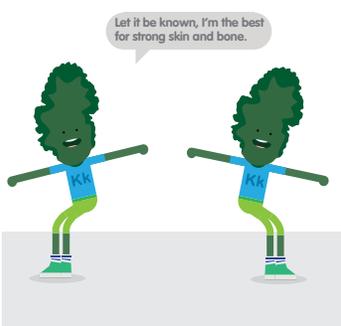
Eat a handful of me to keep you germ free.

Exercise: Torso twist
Exercise type: Trunk 6+
Standing up straight, raise one knee and bend the opposite elbow to almost touch, twisting at your midsection to bring the two joints together. Repeat to the opposite side.

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 Cardio Balance Co-ordination

Scot Squash

Super Star Card #38



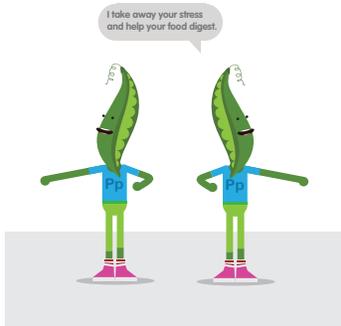
I will keep you smart, I protect your brain, lungs & heart.

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.

Co-ordination Cardio

Paula Pea

Super Star Card #35



I take away your stress and help your food digest.

Exercise: Zig-zag arms
Exercise type: Upper body 4+
Raise your arms in line with your shoulders pointing to one side, one straight and one bent at the elbow. Switch them to the other side.

Flexibility Cardio Strength Endurance Co-ordination

Bobby Blackberry

Super Star Card #6



Eat a handful of me to keep you germ free.

Exercise: Scissor arms
Exercise type: Upper body 3+
Point one hand to the sky and one to the floor then switch them. Keep switching using smooth slow and controlled movements.

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.

Strength Endurance Co-ordination Balance Core

Marilyn Mango

Super Star Card #22



I am bursting with Vitamins A, B and C. I will keep your eyes and skin healthy.

Exercise: Superman (all 4's to 2's)
Exercise type: Trunk 4+
Begin on hands and knees. Raise and extend your right arm and left leg at the same time trying to remain balanced by keeping a strong core. Then return to starting position and switch, extending left arm and right leg together. Repeat.

Flexibility Balance Co-ordination

Murray Mint

Super Star Card #18



I help digest your food and brighten up your mood.

Exercise: Downward dog
Exercise type: Yoga 3+
From all fours curl your toes under, lift hips and straighten your knees. Hold this position as you let your head hang down naturally. Feel the stretch.