Ready

- Important! Warm-up for 2-3 minutes by doing some walking type activities then some light stretching before you start.
- To prevent injury, start with the easier versions. Over time work towards doing the difficult moves.

Heart Health for Life
Build your strength, endurance and flexibility

a. Jog on the Spot - 20 counts
b. Front Kicks - 12 counts
c. Stork Stand - 4 counts
d. Front Support - 4 counts
e. Push-ups from Knees - 4 counts
f. Pike Stretch - 4 counts
g. Star Jump - 1 count
Skier Skipping
On the first turn of the skipping rope, jump sideways to your right. On the next turn, jump sideways to your left.

Skipping for fun n' fitness

Set!
• Practise these moves in sequence.
• Create interesting ways to connect the moves so your routine flows.
• The counts should be at a speed that you can safely do the moves.

GO!
• Polish your routine to music and repeat the sequence for the length of the song.
• Work in groups of 2, 3 or 4.
• Create interesting formations.
• Try different arm positions and motions:

Riddle Reason
Why do they call it skipping when you are actually jumping? Write a fiction story that would explain why.

Heart Leaders!
Invite friends to perform the routine with you. Encourage the group to come up with new moves to add to the routine.