



Level 1

Shadow Move

Equipment Needed

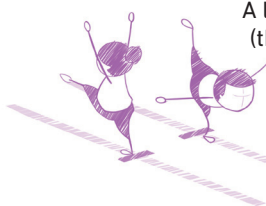
Small obstacles such as soft toys, cushions or other small items.



Walk the Line

Equipment Needed

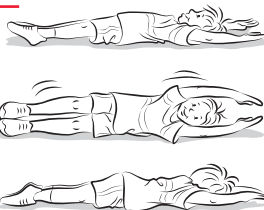
A line on the ground (this could be a line on your kitchen tiles, wooden floors, on the footpath or in the garden).



Ready to Roll

Equipment Needed

A soft surface.



Rocking and Rolling

Equipment Needed

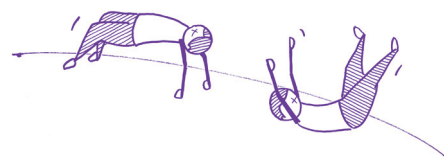
A soft surface.



Crabs and Octopuses

Equipment Needed

A soft surface.



Seashore Sequence

Equipment Needed

No equipment needed.



Level 2

Rope Shape and Jump

Equipment Needed

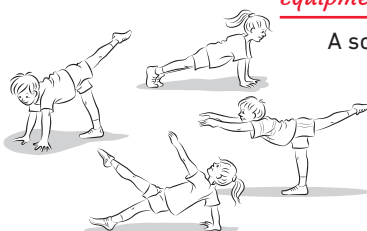
A skipping rope or some string



Body Part Balances

Equipment Needed

A soft surface.



Dazzling Dish

Equipment Needed

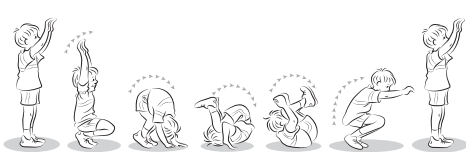
A soft surface.



Forward Fun

Equipment Needed

A soft surface.



Animal Antics

Equipment Needed

A soft surface.



Bring a Story to Life

Equipment Needed

No equipment needed.



Level 3

Memory Mat

Equipment Needed

Playing cards or numbers written on pieces of paper, skipping ropes or string or draw out a grid using chalk.



Balance With a Buddy

Equipment Needed

A soft surface.



Teddy Bear, Teddy Bear, Turn Around

Equipment Needed

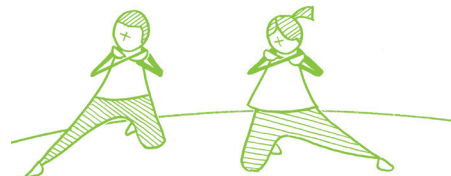
A soft surface.



Bond, James Bond

Equipment Needed

A soft surface.



Are you an inchworm or a gorilla?

Equipment Needed

A soft surface.



Partner Sequence

Equipment Needed

No equipment needed.

