



## ACTIVITIES

- Alternate knee lifts
- Chomp your arms together like an alligator 10 times while walking



# B

## BEAR

### ACTIVITIES

- Balance on any **THREE** body parts for 10 seconds
- Bear Crawl for 10 seconds



# C

CAT



## ACTIVITIES

- Calf raises: Rise & lower on your tip toes 10 times
- Cat Walk on a line on the Floor for 10 seconds



# D

## DUCK

### ACTIVITIES

- Do the twist for 10 seconds
- Duck Walk for 10 seconds



APPLE  
SCHOOLS

# E

## ELEPHANT

### ACTIVITIES

- Energizer Bunny Jumps for 10 seconds
- Stomp like an elephant around the room for 10 seconds



APPLE  
SCHOOLS

# F

## FROG

### ACTIVITIES

- Free dance! Do your favourite moves for 10 seconds
- Leap Frog for 10 seconds



APPLE  
SCHOOLS

# G

## GORILLA

### ACTIVITIES

- Gluteal kick 10 times  
each leg
- Gorilla Squat 10 times



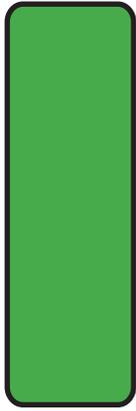
# H

## HYENA

### ACTIVITIES

- Hop on each foot 10 times
- Walk like a hyena: on hands & knees for 10 seconds

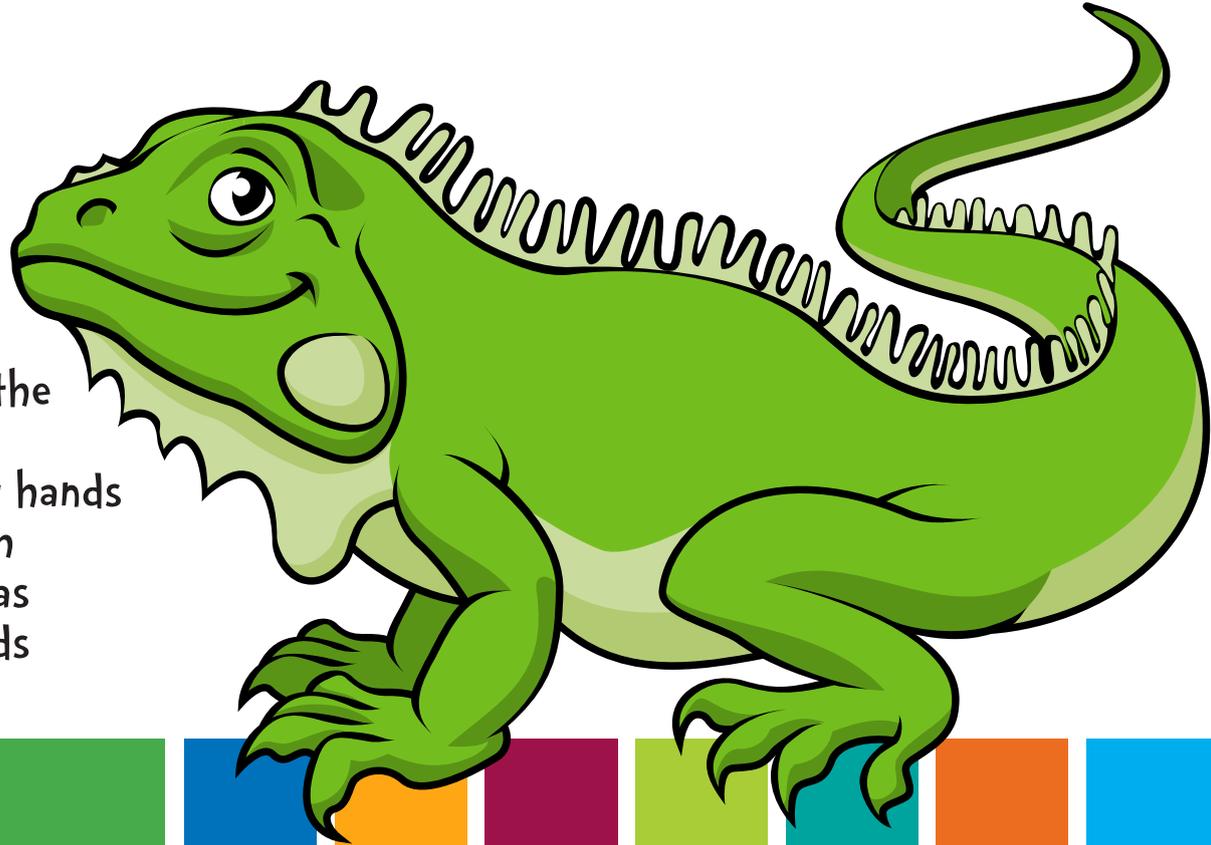




# IGUANA

## ACTIVITIES

- Intense marching on the spot for 10 seconds
- Iguana Crawl: on your hands and feet with stomach as low to the ground as possible for 10 seconds (slither on the floor)

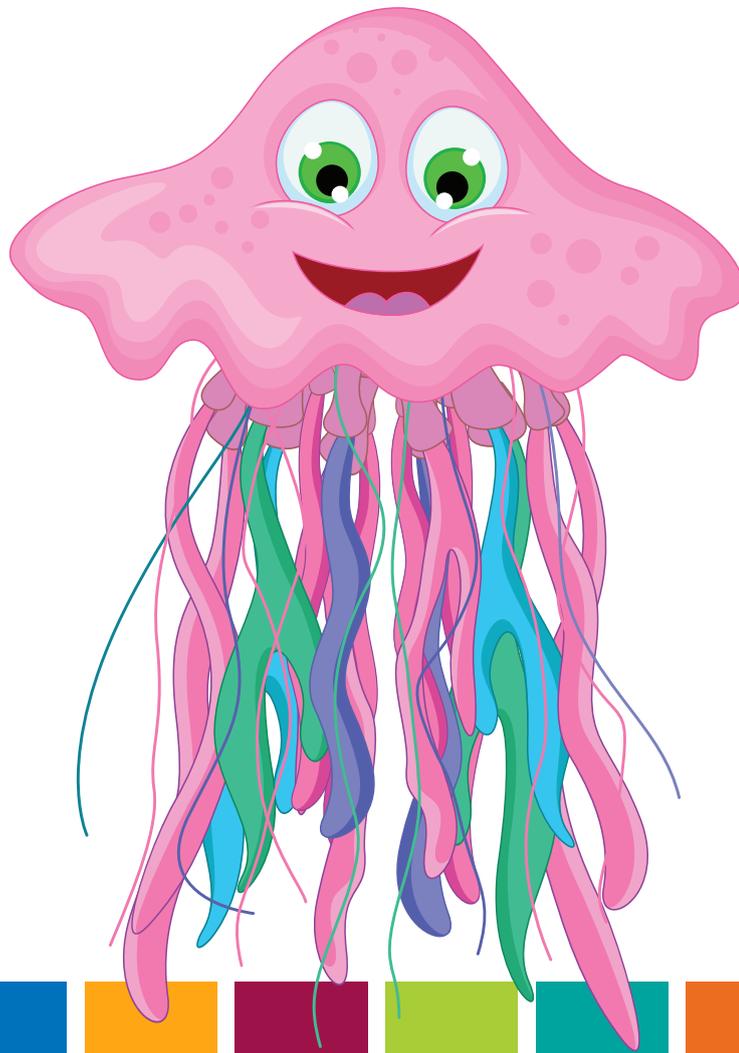


# J

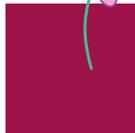
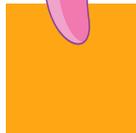
## JELLYFISH

### ACTIVITIES

- Jumping jacks 10 times
- Jiggle like a jellyfish for 10 seconds



APPLE  
SCHOOLS

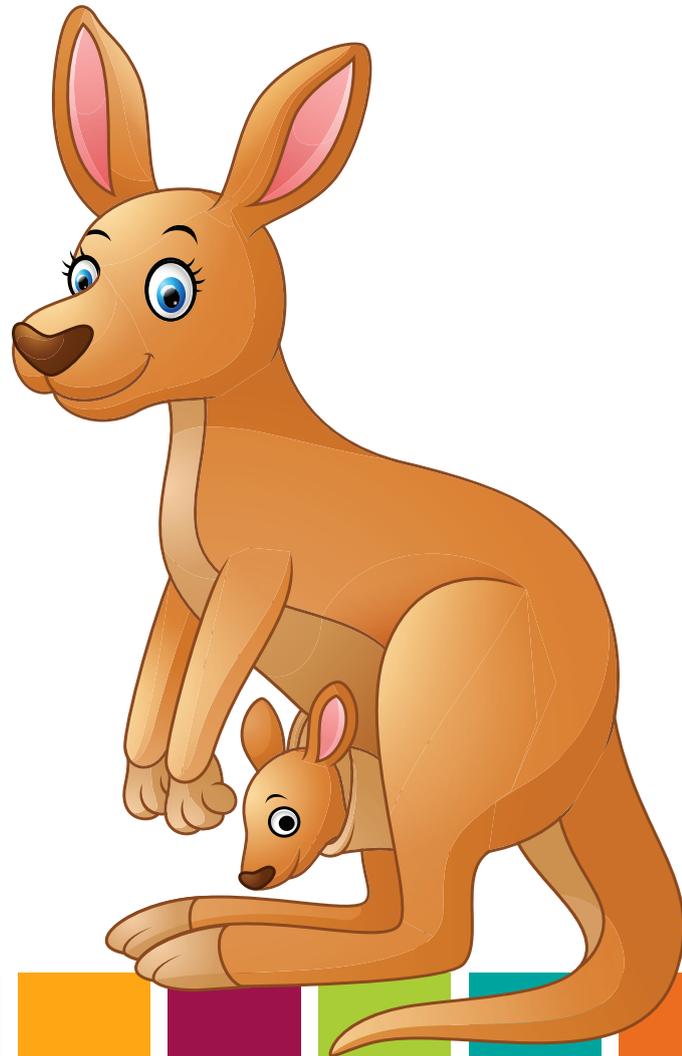


# K

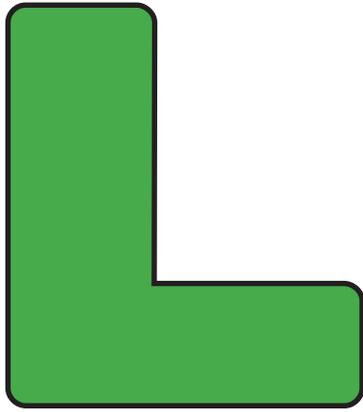
## KANGAROO

### ACTIVITIES

- Leap around the room  
10 times
- Kangaroo Jump 20  
times



APPLE  
SCHOOLS



**LLAMA**

## ACTIVITIES

- Lunges 5 times on each leg
- Gallop like a llama for 10 seconds



# M

## MONKEY

### ACTIVITIES

- Mountain climbers 10 times
- Monkey Leap for 10 seconds

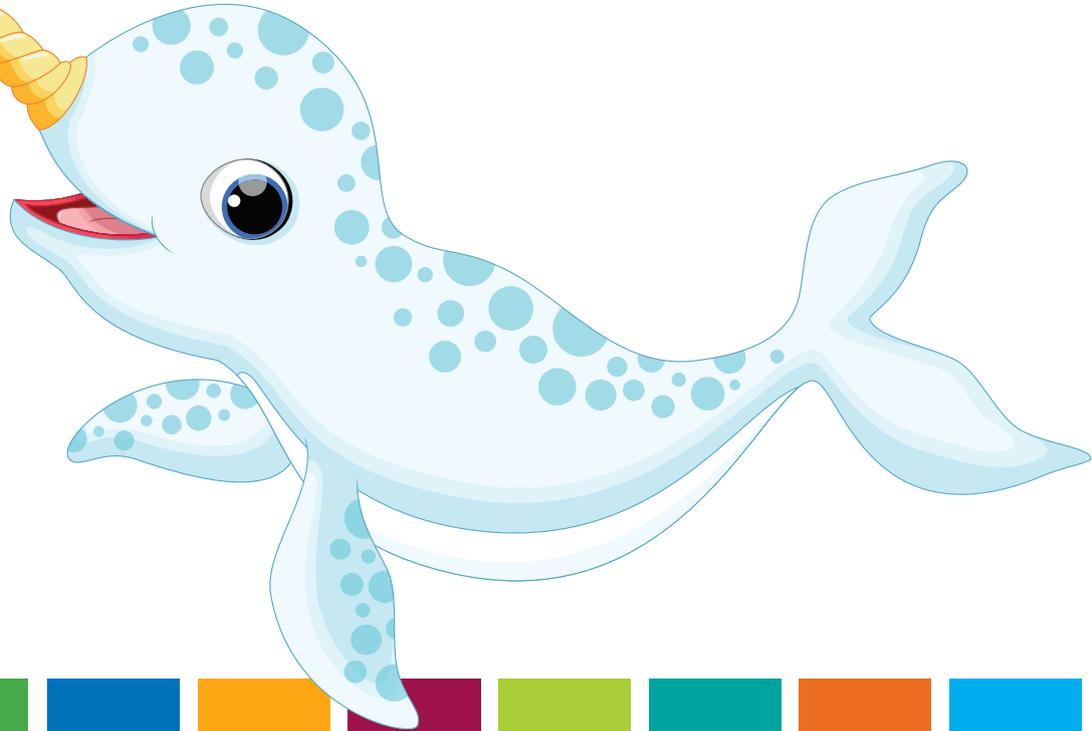


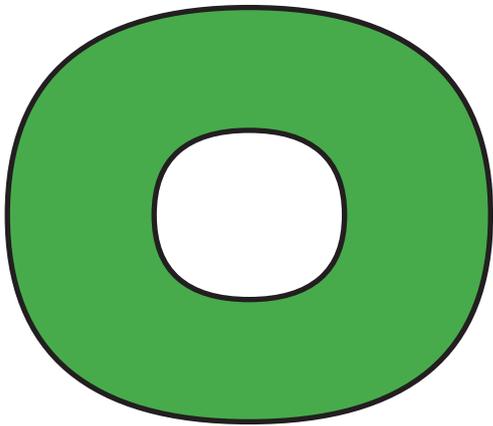
# N

## NARWHAL

### ACTIVITIES

- Standing long jump 10 times
- Make a horn with your arm and move like a narwhal for 10 seconds

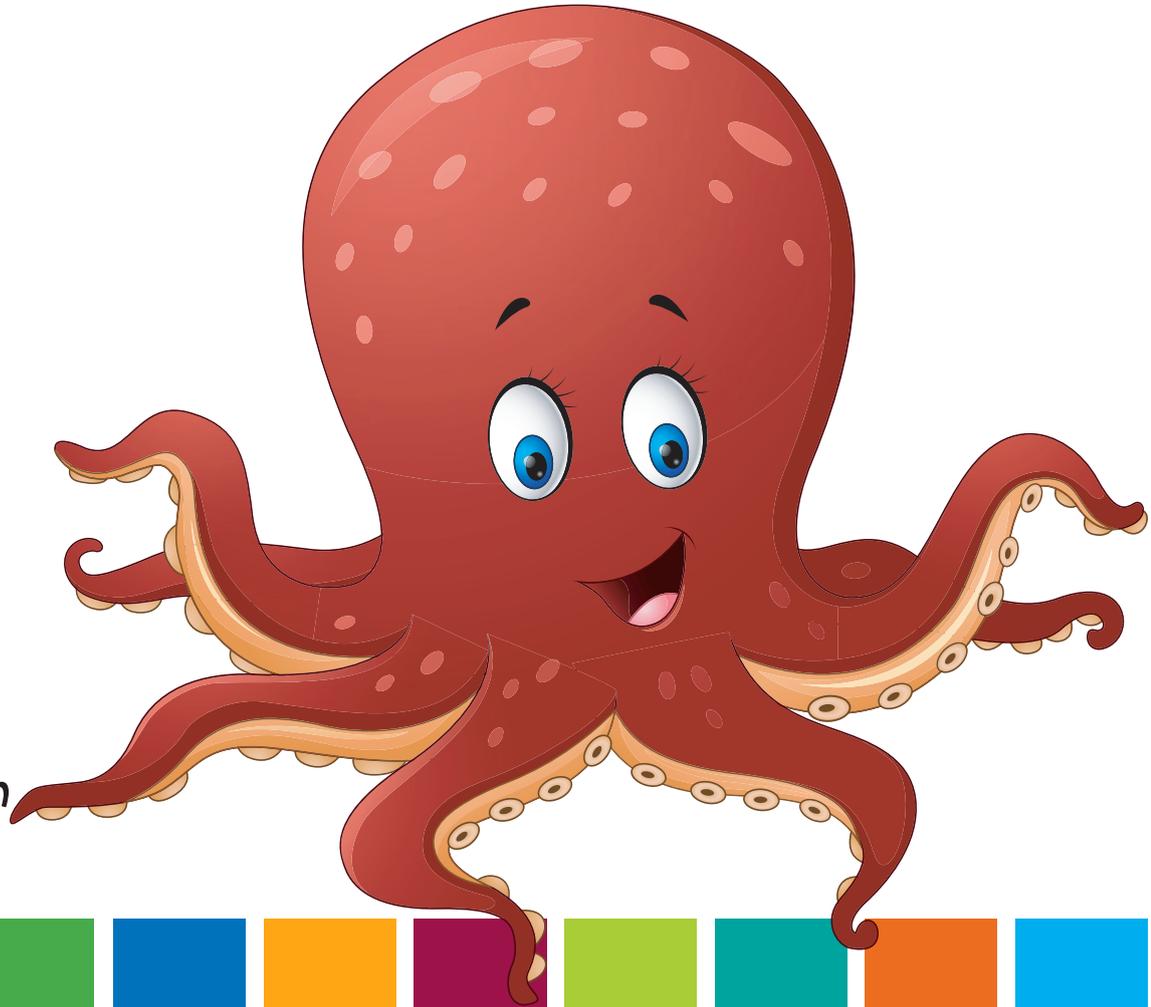




# OCTOPUS

## ACTIVITIES

- Hop on each foot 10 times
- Octopus Crunch: lay on your back and spread your arms and legs out, then crunch up to reach your fingers to your toes 10 times



# P

## PENGUIN

### ACTIVITIES

- Hold a plank for 10 seconds
- Waddle like a penguin for 10 seconds



APPLE  
SCHOOLS

# Q

## QUAIL

### ACTIVITIES

- Quick feet for 10 seconds
- Run quick like a quail around the room 2 times

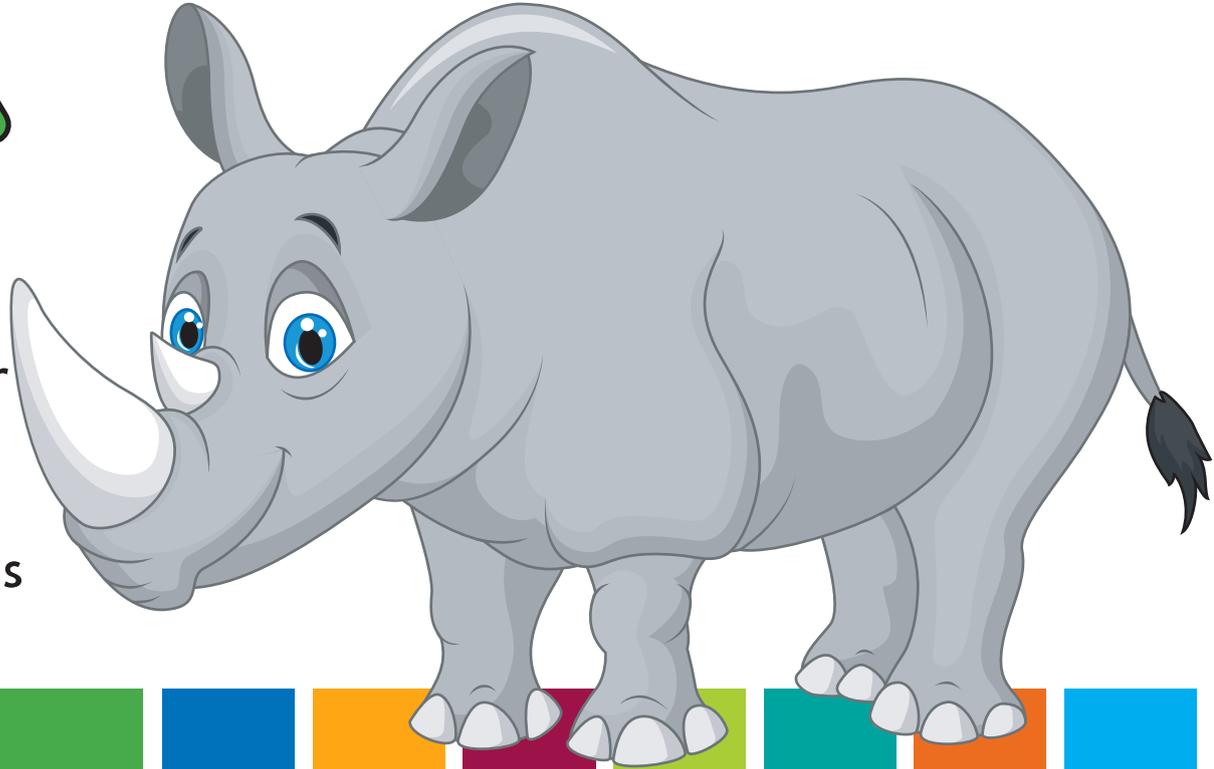


# R

## RHINO

### ACTIVITIES

- Run on the spot for 10 seconds
- Romp around like a rhino for 10 seconds



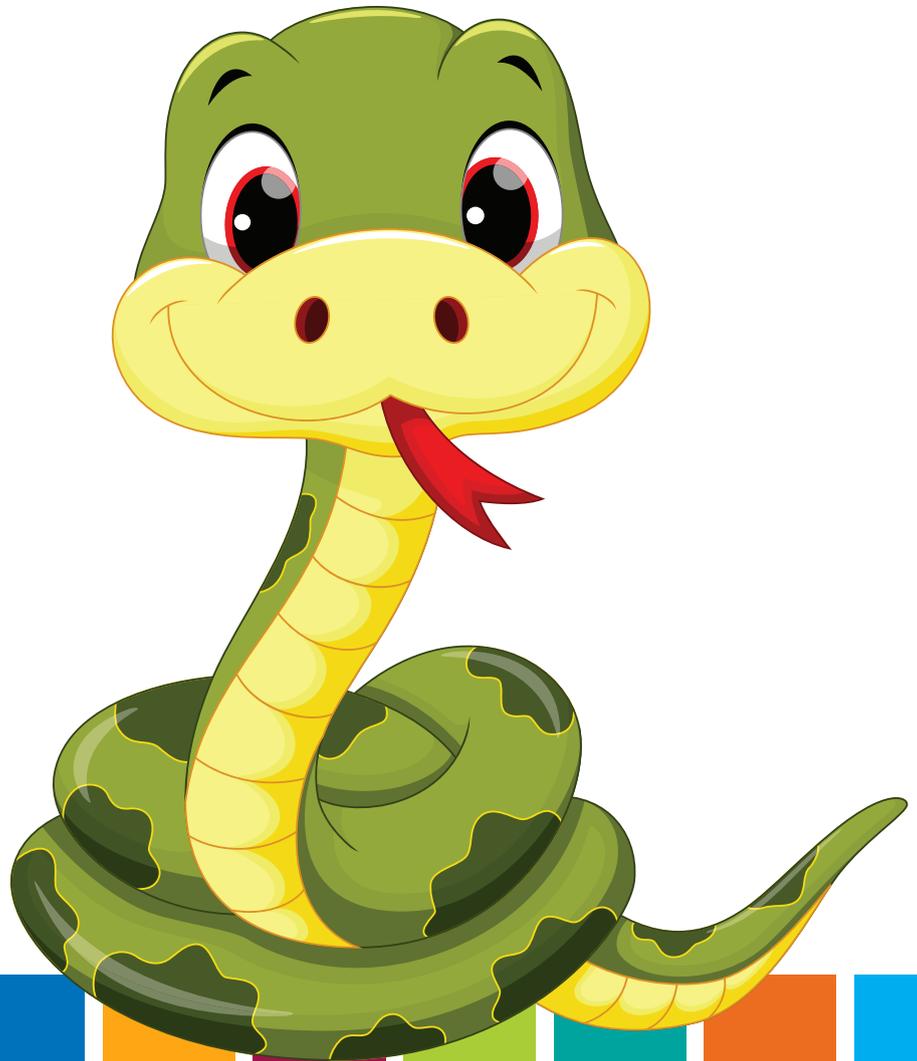
APPLE  
SCHOOLS

# S

## SNAKE

### ACTIVITIES

- Squats: slow and controlled 10 times
- Slither around on the floor like a snake for 10 seconds



# T

## TURTLE



### ACTIVITIES

- Twist your upper body while walking around the room
- Turtle Pose: sit down with knees bent, lower your head down to the ground and hold for 20 seconds



APPLE  
SCHOOLS

# U

## UNICORN



### ACTIVITIES

- You stretch it! Reach up high for 10 seconds then reach down to the floor for 10 seconds
- Trot around like a unicorn for 10 seconds



# V

## VULTURE

### ACTIVITIES

- V-sit for 10 seconds
- Flap your arms wide and slow like a vulture while jogging around the room for 10 laps



APPLE  
SCHOOLS



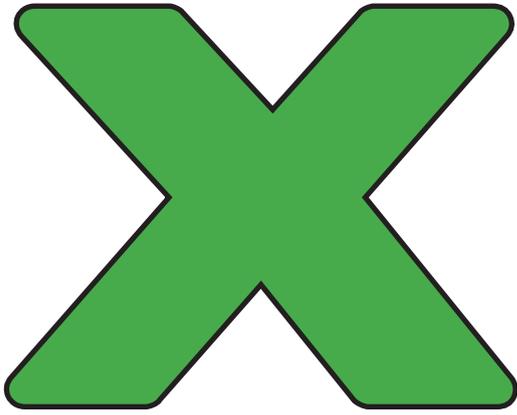
# W

## WOLF

### ACTIVITIES

- Walk around the room quickly for 10 seconds
- Howl like a wolf while high-fiving people for 10 seconds





## XENOPS

### ACTIVITIES

- Jump over a line on the floor (cross (x) activity)
- Flutter your arms quickly while running on the spot for 10 seconds



# Y

## YAK



### ACTIVITIES

- Do the 'YMCA' dance for 10 seconds
- Graze grass like a yak for 10 seconds





## ACTIVITIES

- Zig-zag jump from side to side 10 times
- Slink around the room like a zorilla for 10 seconds

