

**Jog for  
2 laps**

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2 laps**

**Run fast  
for 1 lap**

**Take 10 steps  
backwards**

**Do 5  
bunny jumps**

**Run fast  
for 1 lap**

**Do 10  
star jumps**

**Sidestep for  
10 seconds**

**Stand on 1 leg  
for 20 seconds**

**Skip for  
1 lap**

**Stand like a statue  
for 30 seconds**

**Run on the spot  
for 20 seconds**