



Tree Trim Trail

Jump up high

Can you touch the leaves of the tree?



Health Week 1st - 5th June 2020



Tree Trim Trail

Do 10 star jumps



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**Hop or skip to the next
tree**



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**Run round this tree 5
times** (as fast as you can)



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Touch your toes 6 times
(try not to bend knees)



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**Take 10 giant steps
forward and run back**



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**Touch your elbows to
your knees 6 times**



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**Run on the spot for 30
seconds**



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**Balance on one leg for
as long as you can**



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**Run to the playground
fence**

(Time for a race?)



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