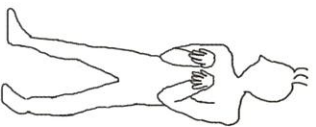


## Kangaroo Jumps

Resources: Enough space for kangaroos to jump freely and not knock over other kangaroos. Start with a firm flat surface, like paving in the playground.

### Starting Position:

Children stand with feet about shoulder width apart and hands in front of body (like kangaroo arms).



Starting Position

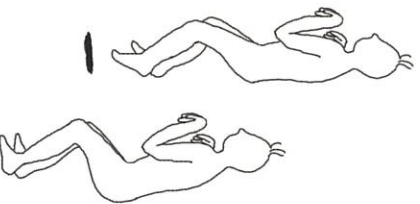
### Movement:

Children bend hips and knees and jump forward, by pushing off with their feet. They should land with some hip and knee bend and feet together, gently.

### Extras:

Use tufts of “grass” and ask the children to hop next to (not on) the grass so they can eat it.

Change the floor surface to grass, sand, gentle slopes.



Bend at knees and hips to jump



Land with feet together

### Critical Point:

Use legs only for take-off and landing, not arms; so that the children build leg strength and develop balance.

Module 2: Easy

## Flamingo

Resources: A flat firm floor surface.

### Starting Position:

Children stand with arms by their sides and feet flat on the ground.

### Movement:

Ask the children to stand on their (R) leg and use their arms for balance. Then ask them to stand on their (R) leg with the (L) foot placed against the knee of the (R) leg and use their arms for balance. Then ask them to place their hands on their hips.

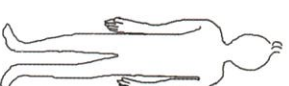
Swap to stand on the (L) leg.

### Extras:

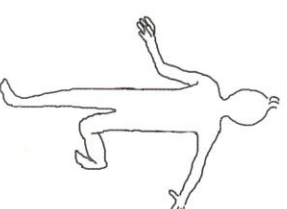
Change the floor surface to softfall, grass or soft sand.

### Critical Point:

Keep hands on hips.



Starting Position



Balance on one leg



Place foot against knee



Progress to hands on hips

Module 1: Difficult