

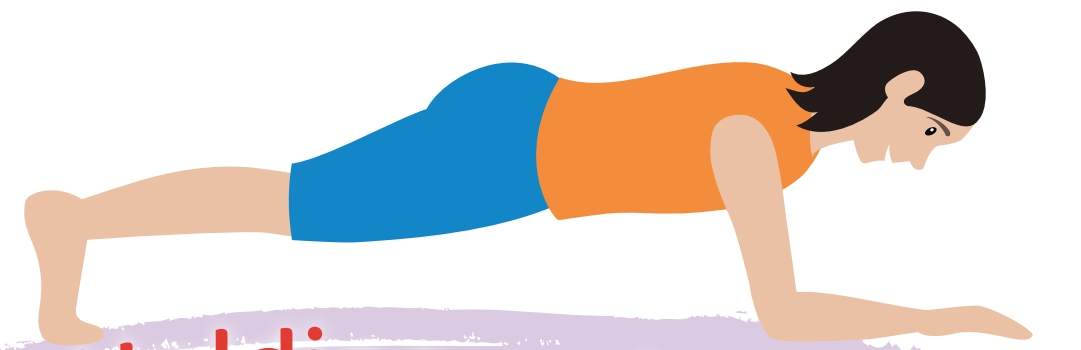
Dancing
to music



Kicking a
ball at a target



Balancing on
your bottom



Holding a plank for
as long as you can

Handstand
against a wall



Practise your skills

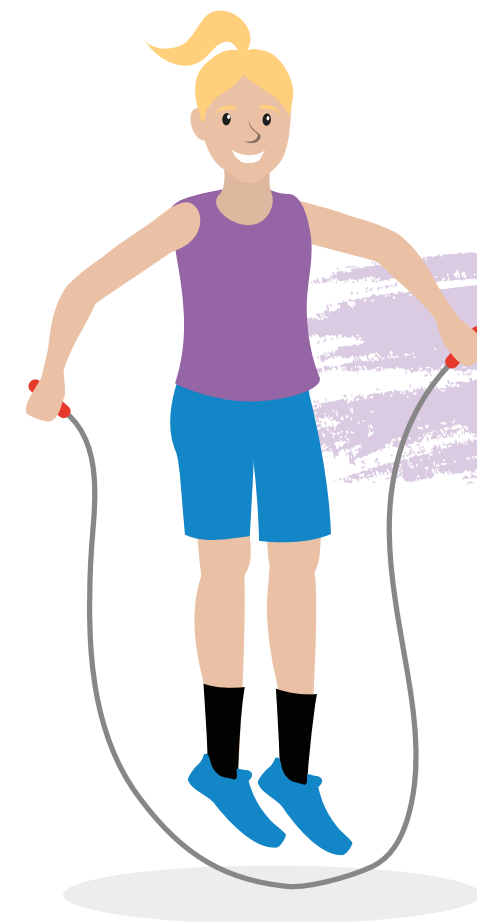
Touching
your toes



Rolling onto your
back and sitting up again



Skipping



Balancing on
one leg or on a wall



Bouncing a ball

