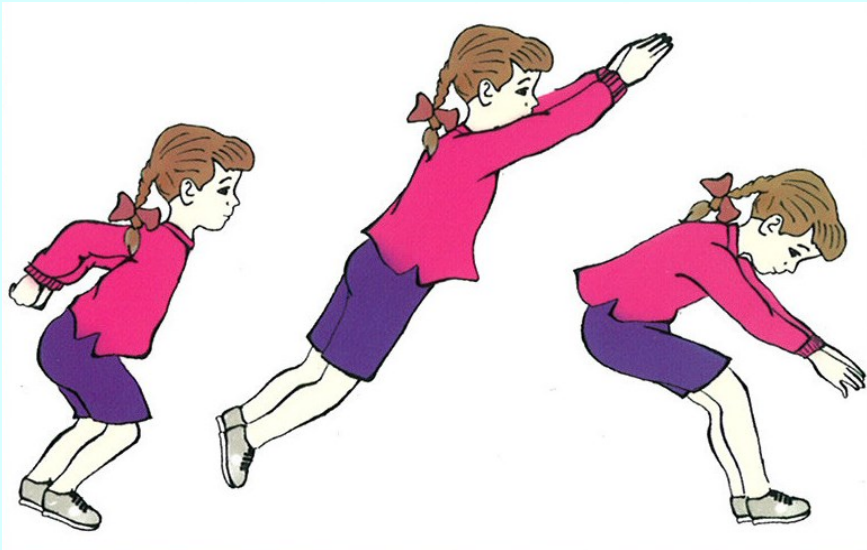


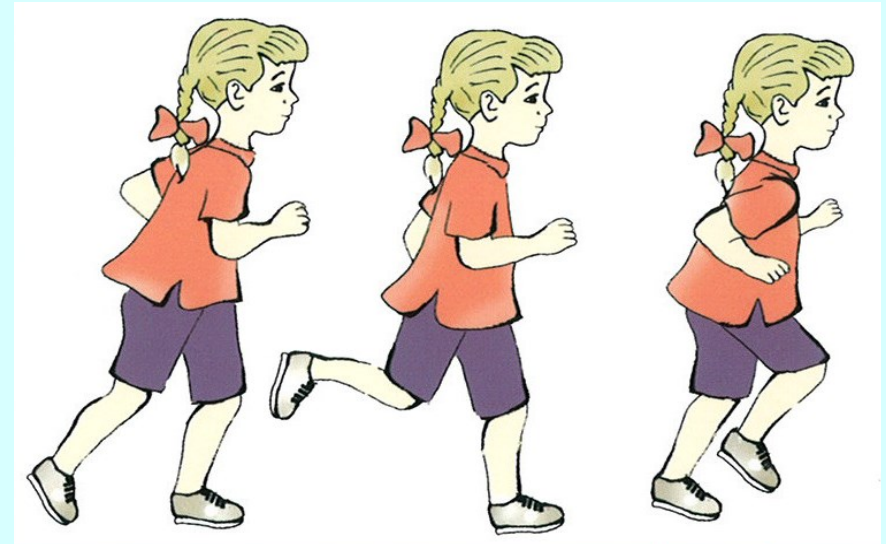
# Jumping



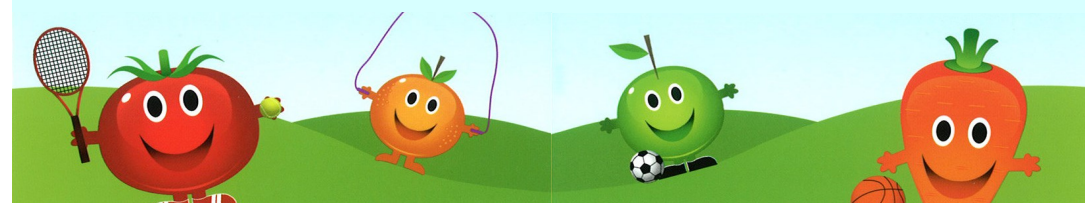
1. Swing arms back, bend knees
2. Swing arms forward and up as you jump  
*'Reach for the stars'*
3. Bend knees to land *'Land on your motor-bike'*



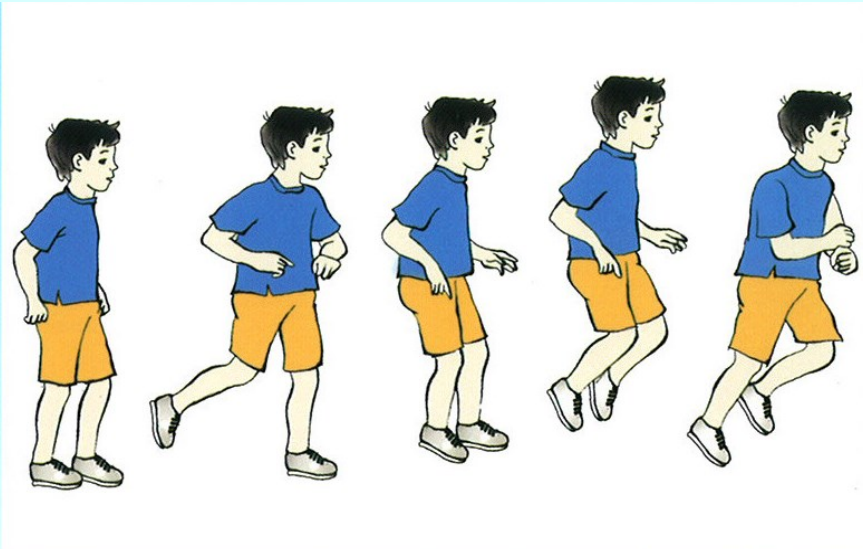
# Running



1. Use opposite arm and leg
2. *'Run tall'*
3. Eyes looking straight ahead



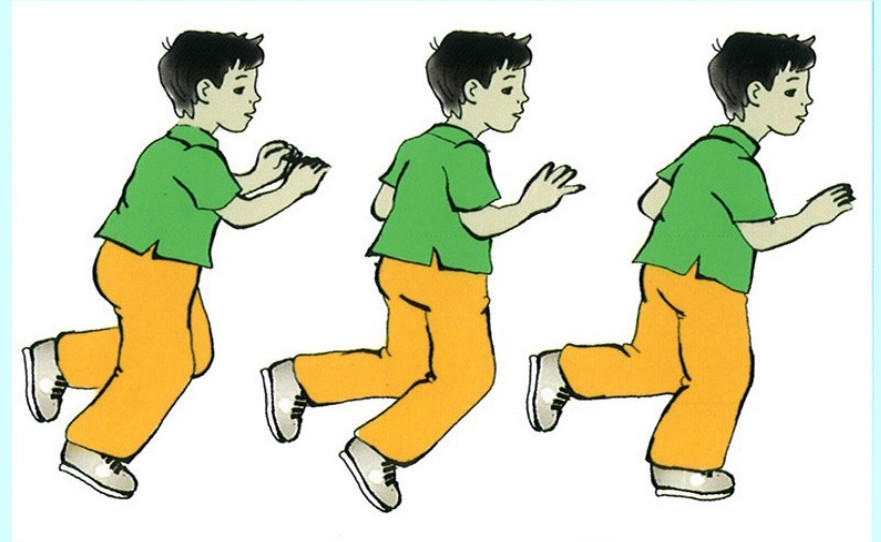
# Galloping



- 1. Step forward with one foot**
- 2. Second foot pushes the front foot in the air**



# Hopping



- 1. Bend one leg at the knee, holding foot up**
- 2. Bend arms at elbows**
- 3. Use arm swing and leg swing to help you hop**

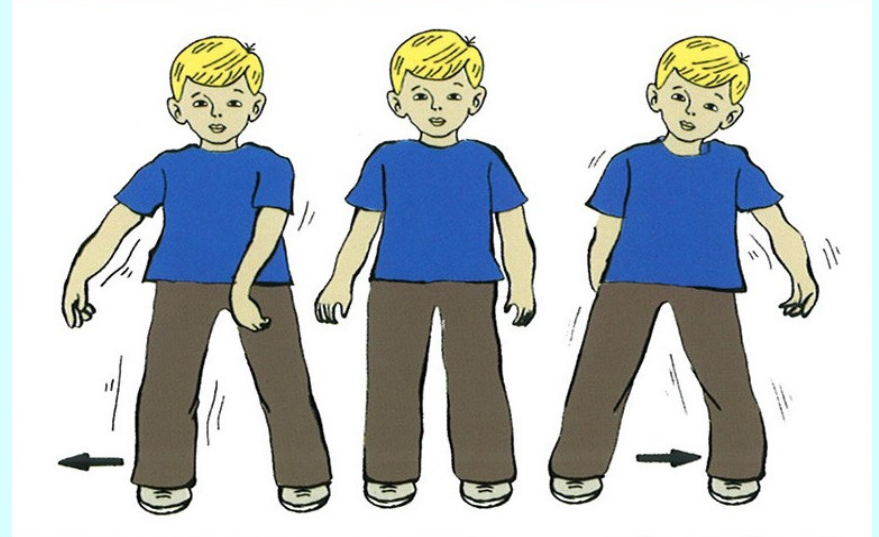


# Leaping



1. Take off with one foot
2. Land on opposite foot
3. Swing opposite arms

# Side-sliding

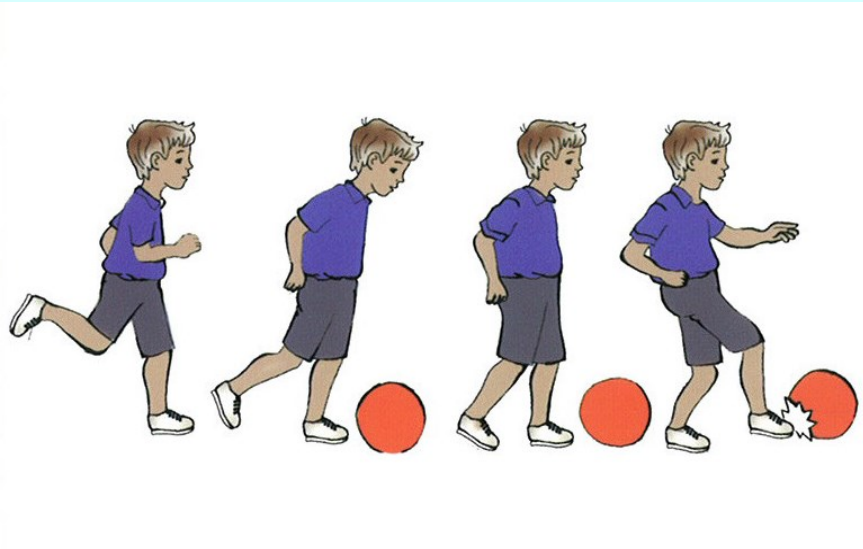


1. Take a side step and ***draw a line (drag/slide)*** with the other foot to meet
2. ***'Stand tall'***





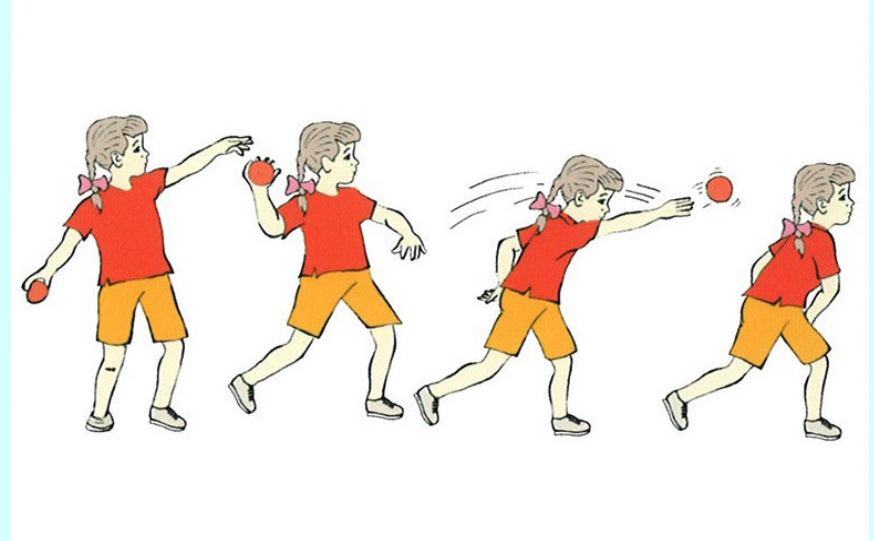
# Kicking



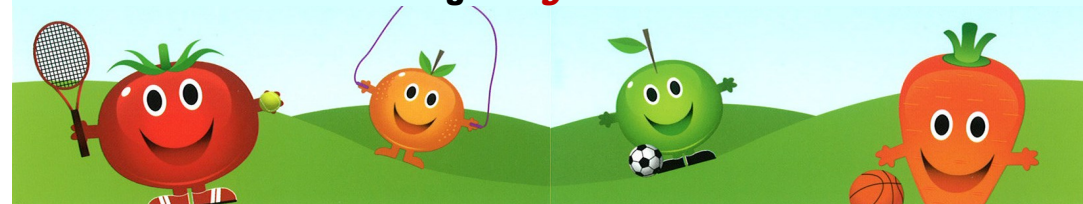
1. Eyes on the ball ***'Heat up the ball with your laser eyes'***
2. Step the non-kicking foot beside the ball
3. Kick the ball with the shoelace part



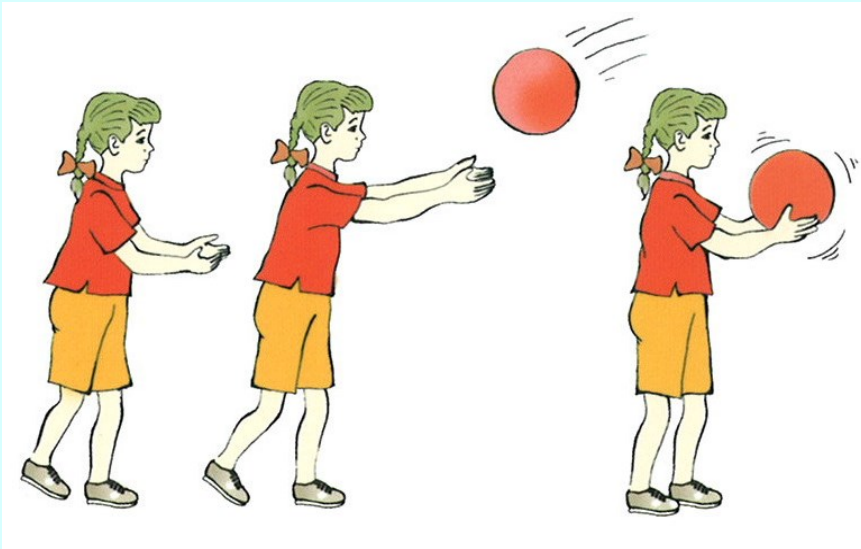
# Overarm throwing



1. Face side on to target, ball in one hand, point at target with the other.
2. ***'Make a smiley face'*** with the ball hand, bringing the throwing hand down and up behind the body
3. ***'Step over the creek'*** with the foot closest to the target
4. Bring the arm over, releasing the ball
5. Give the front leg a ***'high 5'***



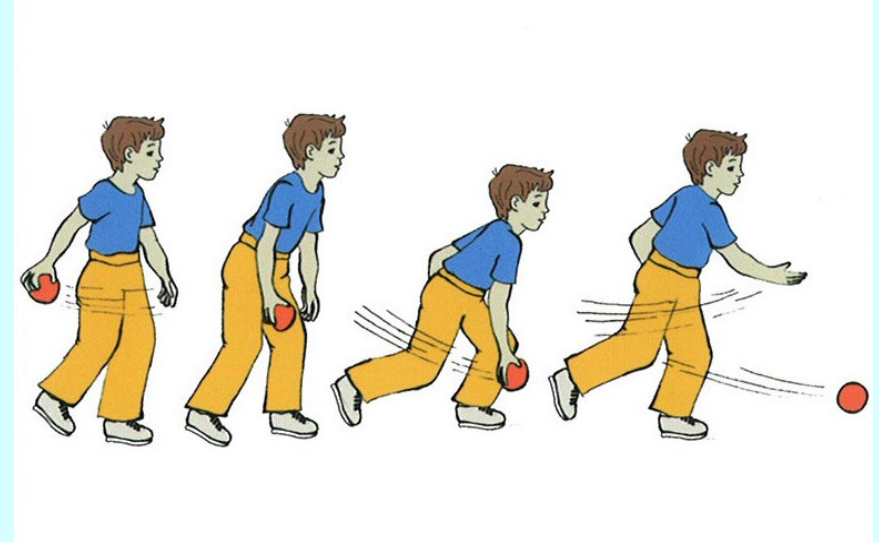
# Catching



1. Stand facing the person throwing the ball
2. Hold both hands out ready to catch the ball (like a scoop)
3. Eyes on the ball *'Heat the ball with your laser eyes'*
4. Reach for the ball, catch with both hands, soft elbows, bringing the ball into your body *'like a frog tongue catching a fly'*



# Underarm rolling



1. Hold the ball in one hand and swing the arm back, *'make a smile with your arm'*
2. Step forward with the opposite foot, bending knees, *'will you marry me?'*
3. Swing the arm forward, releasing the ball close to the floor, so it rolls along the ground

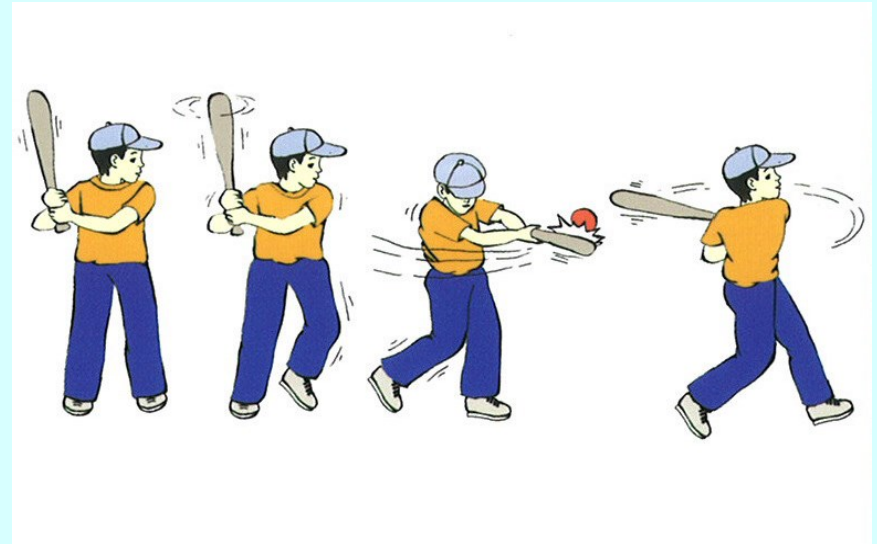


# Stationary dribbling



1. Push a ball up and down with the tips of your fingers, palms don't touch the ball (*spider fingers*)

# Striking



1. Stand side on to target, hold bat with both hands
2. Bring bat back, '*scratch your back*'
3. Swing and hit ball, '*straight arms*'
4. Follow through with bat to '*Scratch other shoulder*'

