

Family : MOVE YOUR BODY, YOUR MUSCLES

1

Jumping on the spot

30 minutes of
daily exercise
at school



What do I
need to do?



**I jump with my feet together, on the spot,
with my knees slightly bent.**

If I still want :

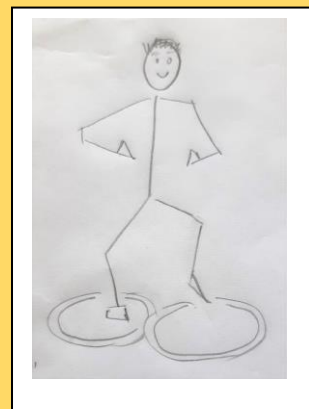
- ❖ I jump with my arms crossed and uncrossed in front of me.
- ❖ I jump on one leg only.
- ❖ I jump from one leg to the other.
- ❖ I jump by accelerating and then slowing down.

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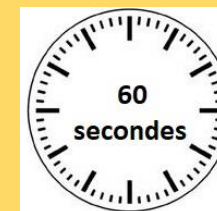
2

Jumping on the spot

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What do I
need to do?



**I jump from one area to another with my knees
slightly bent.**

If I still want :

- ❖ I jump with my feet together
- ❖ I jump one leg in each zone
- ❖ Jumping with speed and then slowing down

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Jumping on the spot

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What do I need to do?



Staying upright, I jump as high as possible.

If I still want :

- ❖ I jump as high as possible with my arms spread
- ❖ I jump as high as possible with arms and legs apart to make a star

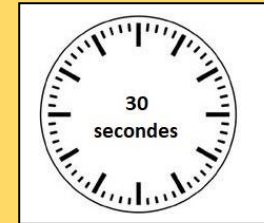
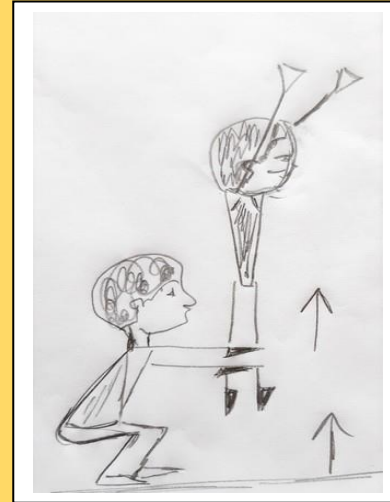
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Jumping on the spot

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What do I need to do?



Starting from a crouch, I jump as high as possible

If I still want :

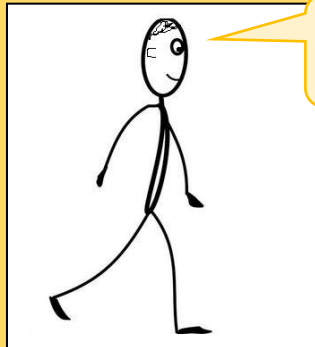
- ❖ I jump as high as possible with my arms spread
- ❖ I jump as high as possible with arms and legs apart to make a star

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Coordinating your movements

30 minutes of daily exercise at school



What do I need to do?



Touch in order: head, shoulders, knees, feet... and repeat

Do it all quickly.

If I still want :

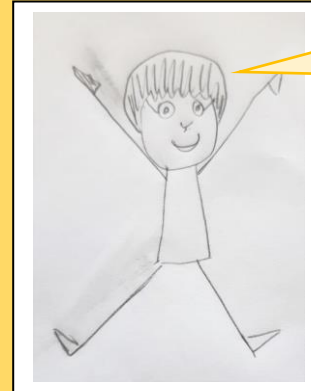
- ❖ Go fast, very fast and slow.
- ❖ Do in reverse order, starting with the feet.
- ❖ Add hand on waist
- ❖ Do the movements right hand and then left hand

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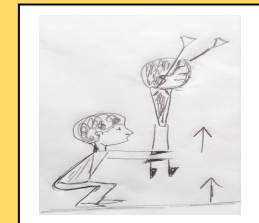
6

Coordinating your movements

30 minutes of daily exercise at school



What do I need to do?



Start standing, jumping up to raise your arms above your head and spread your legs at the same time.

Do the sequence for the full 30 seconds

If I still want :

- ❖ Go fast, very fast and slow
- ❖ Alternate raising the arms and then spreading the legs

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Coordinating your movements

30 minutes of daily exercise at school



What do I need to do?



Knees bent and back straight, lower and raise the body like a spring.

If I still want :

- ❖ Go fast, very fast and slow.
- ❖ Same thing, spreading your legs slightly
- ❖ Same thing, raising the arms forward with each ascent.

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Coordinating your movements

30 minutes of daily exercise at school



What do I need to do?



Jump to turn to one side (quarter turn), knees bent and body slightly inclined.

If I still want :

- ❖ Same as above, with legs slightly apart.
- ❖ Jump to do a half turn in one direction and then the other.

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Coordinating your movements

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What do I
need to do?



**Raise one knee to touch the opposite elbow,
arms bent.**

If I still want :

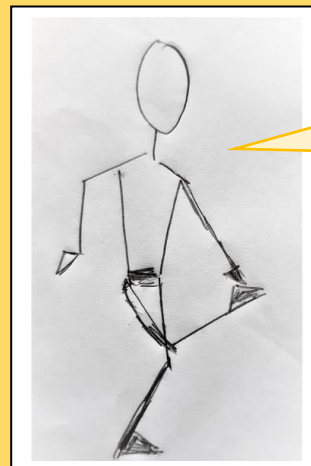
- ❖ Same thing with a slight spread of the legs.
- ❖ Same thing with one step.
- ❖ Doing a group challenge

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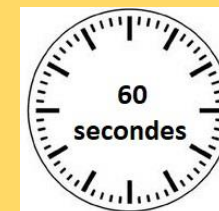
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Coordinating your movements

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What do I
need to do?



**With your body straight, touch your right foot with
your left hand in front of you.**

**Then follow up by touching the left foot with the
right hand.**

If I still want :

- ❖ Vary the speed from slow to fast.
- ❖ Do it while walking.
- ❖ Doing a group challenge