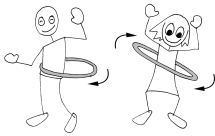
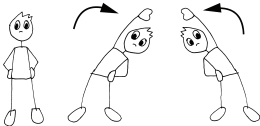
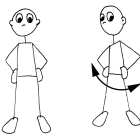


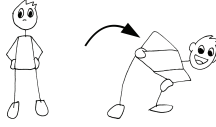
### ***Make it fun!***

<ul style="list-style-type: none"><li>• “Dancing the hula-hoop”: let’s pretend to dance with a hula-hoop to the right and to the left.</li></ul>	
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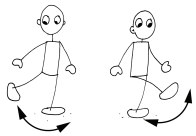
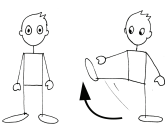


### **Torso**

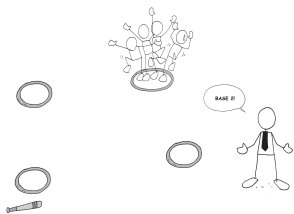
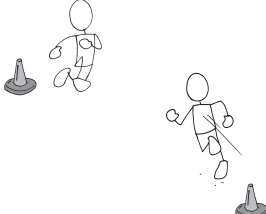
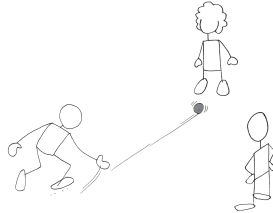
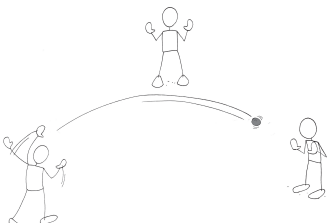
<ul style="list-style-type: none"><li>• Torso side bends.</li></ul> 	<ul style="list-style-type: none"><li>• Torso twists.</li></ul> 
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### ***Make it fun!***

<ul style="list-style-type: none"><li>• “Saying hello under the table”: Let’s get in pairs facing each other, then let’s imagine that there is a table between us. Bend to the right and say hello to each other under the table, now to the left.</li></ul>	
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### **Leg**

<ul style="list-style-type: none"><li>• Leg swings forwards and backwards.</li></ul> 	<ul style="list-style-type: none"><li>• Leg swings to the right and to the left.</li></ul> 
<ul style="list-style-type: none"><li>• Front kicks, first with your right foot then with your left foot.</li></ul>	<ul style="list-style-type: none"><li>• Running on the spot.</li></ul>
<ul style="list-style-type: none"><li>• Knees up, on the spot.</li></ul> 	<ul style="list-style-type: none"><li>• Heels to buttocks on the spot.</li></ul> 

<ul style="list-style-type: none"> <li>Split into two teams. Each team has 4 hoops set as bases, on the signal all the members have to run to the base that is called out. All the players of your team have to put a foot inside the hoop.</li> </ul>	
<ul style="list-style-type: none"> <li>Get in pairs. Each pair has two cones set opposite each other. On the whistle you have swap places as fast as possible. The fastest pair will get a point.</li> </ul>	
<ul style="list-style-type: none"> <li>Underarm passes in pairs /threes / fours, etc.</li> </ul>	
<ul style="list-style-type: none"> <li>Baseball passes (overhead) in pairs, threes/fours, etc.</li> </ul>	
<ul style="list-style-type: none"> <li>Get in pairs. One throws the ball high into the air and the other player has to jump and catch it in the air.</li> </ul>	