

Crossing the Midline

	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
Side Bends																							
Windmills																							
Supermans																							
Foot Swaps with opposite arm																							
Skipping on th spot																							
Touching Opposite Knees																							
Jumping Jacks																							
Figure of 8 with both hands together																							

Please remember : You do 30 seconds of each exercise. Take your time and do the exercises correctly with good 'shape'. Do all 8 exercises in a row. Colour in the boxes when finished.