

 <p>8</p> <p>20 tuck jumps</p>	<p>1</p> <p>Throw and catch a ball 20 times</p>	 <p>2</p> <p>Hop on your leg for 20 secs</p>	<p>3</p> <p>20 high knees</p> 
 <p>7</p> <p>Balance on one leg for 20 secs</p>	<p>6</p> <p>20 star jumps</p>	<p>5</p> <p>kip on the spot for 20 secs</p>	<p>4</p> <p>Stretch up to the sky for 20 secs</p> 