


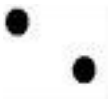






Roll A Move

Put some music on and roll the dice!

Find the picture that matches the number and complete the exercise. Repeat this sequence 6 times.

These exercises can be done sitting or standing.

DICE	Option 1	Option 2	Option 3
	<p>Roll your shoulders forwards – 5 times</p> <p>Roll your shoulders backwards – 5 times</p>	<p>Squeeze your shoulders up to your ears, hold for 3 seconds and release. Repeat 3 time</p>	<p>Stretch your arms out in front of you and roll your wrists one way and then the opposite way</p>
	<p>Lift your arms up above your head and reach down to touch your toes.</p> <p>3 second hold, slowly roll back up through your spine.</p> <p>Repeat 3 Times</p>	<p>Arch your back and look up to the ceiling.</p> <p>Curve your back and look down to the floor.</p> <p>Repeat 3 Times</p>	<p>Gently circle your head around one way and then the opposite way.</p>
	<p>March on the spot 10 times, whilst swinging your arms.</p>	<p>Stretch your right leg with a flexed foot and then bring it back in. Do the same with the Left Leg.</p> <p>Repeat 4 Times</p>	<p>Flex and point your feet 10 times</p>
	<p>Stretch your arms out to the side of your body. Circle your arms forwards – 5 Times</p> <p>Circle your arms backwards – 5 times</p>	<p>10 high Kicks</p>	<p>Reach your arms above your head whilst lifting both legs off the floor.</p> <p>Squeeze your core and hold for 3 seconds and then release. Repeat 3 times</p>
	<p>Wiggle your Fingers</p>	<p>10 Punches Forward</p> <p>10 Punches Up Above</p>	<p>Clench your hands together and release.</p> <p>Repeat 5 Times</p>
	<p>Circle your feet one way – 5 times and then the opposite way – 5 times</p>	<p>Jumping Jacks.</p> <p>5 times</p>	<p>Tap your right foot from side to side</p> <p>Tap your left foot from side to side</p>

