

Teddy bear exercises

Warm-up – Running on the spot for 30 seconds

Exercise 1 – Star jumps for 30 seconds



Challenge 1 – Throw your teddy bear in the air and catch it 10 times.



Exercise 2 – Speed bounce for 30 seconds

Keeping feet together, jump side to side over a low object landing softly on your feet



Challenge 2 – Throw your teddy bear in the air and catch it 20 times.



Exercise 3 – Jumping Jo's for 30 seconds

Standing tall with feet together and arms by side, jump up and extend arms and legs out. Jump back to starting position.



Challenge 3 – Throw your teddy bear in the air and catch it 30 times.



Exercise 4 – Squats with your teddy bear. Repeat 20 times.

