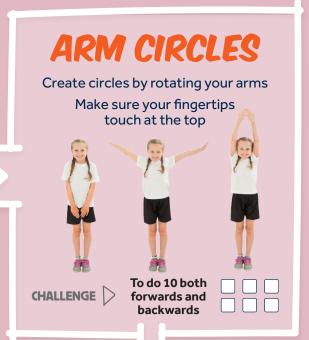
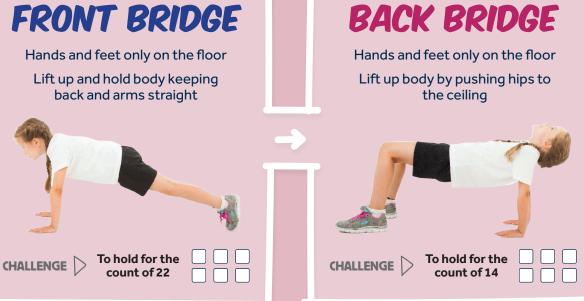


STAR JUMPS

Jump with your arms and legs









Tick a ☐ box each time you complete a challenge

Did you know?

It's really important to get lots of sleep so our bodies can rest and get stronger