

Australia Edition Exercise Challenge

Material:

- Cones
- Jump Rope
- Stopwatch/ Timer

Lesson:

- Challenge 1: Kangaroo Hop (Use Jump Rope)
 - Jump 5 times, Hop 5 times (Right)
 - Jump 5 times, Hop 5 times (Left)
 - Jump 3 times, Hop 3 times (Right)
 - Jump 3 times, Hop 3 times (Left)
 - Jump 1 time, Hop 1 time (Right)
 - Jump 2 time, Hop 1 time (Left)
- Challenge 2: Echidna Burrow
 - Crouch down with your hands on the floor and knees bent
 - Carefully, push your feet off the ground and have them positioned horizontally with the floor
 - This should almost look like a handstand, but you will not be fully vertical
 - Repeat this ten times
- Challenge 3: Cassowary Run (Cones)
 - Pick a place in your backyard where you have enough room to run for a few seconds
 - Place a cone at the start and finish lines
 - Explorers will sprint from one cone to another as fast as they can (If you have a stopwatch, time yourself to see how many seconds you can finish in)
 - After your first round, record your time and try to beat this time on the next round.
 - Try this a least five times in a row, then take a break.
 - Do this as many times as you want until you get tired or beat your original time.

- Challenge 4: Crocodile Pursuit (Song and Moves)

- Let's go on a crocodile pursuit.

Everybody- (*March! March! March!*)
(Hand over brow)
 What's that I see? It's a plain of grass,
 A big, big, plain of grass!
 Can't go around it!
 Can't go over it!
 Can't go under it!
 Guess we'll have to walk through it!
(Everybody rub hands together)
 Whew! That was hard, but we made it!
 Let's continue- (*March! March! March!*)

(Hand over brow)
 What's that I see? It's a river, Noosa Everglades!
 A big, big, river!
 Can't go around it!
 Can't go over it!
 Can't go under it!
 Guess we'll have to swim it!
(Everybody swim)
 Whew! That was hard, but we made it!
 Let's continue- (*March! March! March!*)

(Hand over brow)
 What's that I see? It's a hole in the ground!
 A big, big, hole in the ground!
 Can't go around it!
 Can't go over it!
 Can't go under it!
 Guess we'll have to go into it!
(Close eyes and feel way around it)

“It's dark in here!”
 I feel something big!
 I feel something cold!
 I feel something with large teeth!

“It's a crocodile!”
(Run! Run! Run!)

We made it to Noosa Everglades!

(Run! Run! Run!)

We made it to the plain of grass!

(Run! Run! Run!)

We made it back to Jungle Island!

(Cheer! Cheer! Cheer!)

