

HOPE VALLEY ACTIVITY ADVENTURE INTRODUCTION

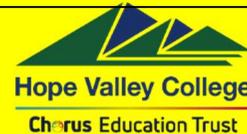
Place your finger while closing your eyes to select and complete your exercise,
Play with your family or on your own, try and perform all **45** activities in every zone



You should look around Hope Valley map and discover what's hiding in each gap,
Below are the **30** items you need to find, be sure to leave nothing behind...



Football, rugby ball, netball, hockey stick, running man, superwoman, climbing man, blue bird, dalmatian dog, fairy angel, lizard, dragon, dolphin, Frankenstein, rainbow, dice, scorpion, scarecrow, flying squirrel, frog, tiger, boy and girl jogging, genie, stars and moon, crab, tennis ball, flosser, cat, monkey, turtle



Animal Inspired
Bodyweight Workout

<https://greatist.com/move/animal-inspired-bodyweight-workout#1>

Videos Used

50 Weird and Challenging
Animal Movements to Apply
to Your Training

<https://www.youtube.com/watch?v=yoyzOkB95IQ>

10 Different Animal Walk
Exercises

<https://www.youtube.com/watch?v=14BjRxE7f1o>

HOPE VALLEY ACTIVITY ADVENTURE GUIDE

Exercise Guide

Kanga Jumps



Leap into the air
Land on two feet

Wheelbarrows



Use hands to move
Someone will push you

Hot Heels



Raise heels up and back
down

Sumo Squats



Bend knees to go as
low as you can

Jumping Monkeys



Push off your feet
And spin your hand

Adventure
Push Ups



Lower sideward,
push up to centre

Dolphin Dives



Dive with hands leading
first

Dragon Strolls



Stay low

Flying Birds



Flap those wings

Walking Elephant



Walk in this position

Superman's

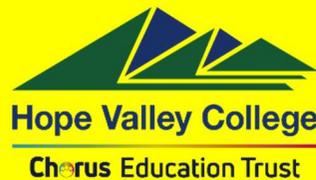


Stretch as high as you
can

Scorpion Jumps!



Swing your leg over so you finish
in this position



Good Mornings



Bend knees, stretch
fingers

Dice Rollers



Swing that arm

Cartwheels



Swing the legs through the air

Downwards Dogs



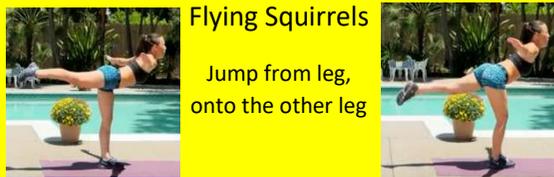
Keep feet on the floor

Turtle Swings



Stretch legs out as far as you can to the side

Flying Squirrels



Jump from leg,
onto the other leg

Flea Jump

Jump
with legs
straight



Frankenstein
Walks

Keep back
arched, stay
on tip toes



Low Lizards



Start low, push up, twist body, bring straight leg up to arm

HOPE VALLEY ACTIVITY ADVENTURE GUIDE 2

Exercise Guide

Genie Raises



Bring shoulders all the way back

Reaching Crabs



Bend as far as you can

Wall Ball Bounces



Or bounce to yourself

Side Skaters



Jump from one leg to another

Warrior Pose Bounces



Push off your knee to bounce

Pencil Jumps



Keep arms up and jump high

Slow Crawlers



Twist and push your body forward

Star Fishes



Make a star in the air, tuck in on landing

Rainbow Side Planks



Create a rainbow

River Rowers



Twist body to row

Crouching Tigers

Keep back straight with knees close to the floor



Scarecrows



Raise above your head

Spider Splits



Face forward

Crow



Bird Wings



Use sofa pillows



Hope Valley College

Chorus Education Trust

Frog Jumps



Mountain Climbers



Keep moving knees through arms

Bear Crawls



Keep moving knees through arms

Sad Happy Cats



Back up, head down then back down, head up

Star Grabbers

Bounce hips up and down



Crab Walks



Inchworms



Fingertips and hover above floor. After hovering, tip toe towards your still hands

Cobra Poses



Keep hands to the floor

Flosses

