


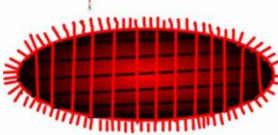







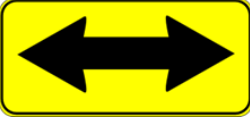





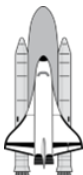













Safety Images & Actions



Image	Actions	Image	Actions
	Draw an exclamation mark in the air		Pretend to drink a glass of water
	Mime using a telescope		Mime shaking out a rug
	Put your hand to your ear		Bounce on two feet
	Put hands behind head as if relaxing		Make a pained expression
	Pretend to put trainers on		Mime starting a stop watch
	Wipe your brow as if sweating		Point one direction and then the other
	Pretend to shiver		







Circuit Training Images & Actions



Image	Actions	Image	Actions
	Mime lightning with hands		Mime skipping
	Pretend your hand is a space shuttle lifting off		Pretend to climb a mountain
	Pant like a dog whilst pointing with different hands		Pretend to hammer nails into a plank
	Pretend to lunge in a fencing match		Mime superman pose
	Put your hand over your mouth		Pretend to push a trolley
	Mime crushing a can		Pretend to sit down
	Open and close both hands as stars		Mime hula dance
	Mime putting a lolly in your mouth		Pretend to get ready to dive
















Circuit Training Images & Actions



Image	Actions	Image	Actions
	Jump		Clap
	Pretend to climb a beanstalk		Mime lifting weights
	Pretend to climb stairs		Mime shooting a bow and arrow





Stretches Training Images & Actions



Image	Actions	Image	Actions
	Flex muscles		Pose as if finishing a gymnast routine
	Mime eating an apple		Push out chest as if a major in the army
	Stretch out leg		Oink like a pig
	Hold up arm		Cry like a baby
	Pretend to stretch slime		Pretend to rev a quad bike
	Mime directing traffic		Hiss like a cobra
	Pretend to stick a post it on somebody's back		Mime eating a chicken drumstick
	Pretend to put on a ring or propose		

Steps to Success Pictures & Actions



Step to Success	Image	Actions
1. I can use exercise to judge my fitness for space:		Stretch as in picture
• Correct technique		Create stars with hands
• Record your score accurately		Mime mixing records
• Try and improve		Move finger around in a circle