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)

  o 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!)