

## 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!)*

