

● HOME TASKS – GROUP 1

Beginner Superstars | approx. ages 5–8

Goal: 10–20 minutes per session

How often: 2–4 times per week

Mission: Complete 3-5 exercises per session!

Always do a quick stretch before you start, and after each exercise 🌟

- Touch your toes → hold 10 seconds
 - Shake out those legs → 10 seconds
 - Big arm circles → 10 each way
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1. Skipping (Jumprope Magic!) 🏃

2× per week

- Do **50 skips (repeat 2 times if capable)** or **2 minutes total** (take quick 10–20 second breaks if needed)
- **Easier version:** Just bounce without a rope!
- **Tips:** Keep jumps low (feet < 10 cm off ground), land lightly

Want a challenge?

Try to jump (without rope) for the whole 1 minute

Go for 10/20/30 skips in a row

2. Star Jumps (with clap!) ★

2× per week

- **30 jumps**, repeat ×2 (30 sec rest between sets)
- **Easier version:** Skip the clap — just jump feet out & in
- **Tips:** Land softly, stay bouncy like a spring!

Want a challenge?

Go for 1 full minute straight or 100 in a row

3. Hopping (One-Legged Adventure!) 🐰

2× per week

- **20 hops left leg + 20 right leg**, repeat ×2 (40 each foot total)
- Hold arms out for superhero balance
- **Easier version:** Smaller hops, not too high/far
- **Tips:** Soft landings, stay bouncy

Want a Challenge?

Increase the amount of hops

Hop around the room

Hop back and forward/side to side over a line

4. Crossover Steps (Quick Dance Feet!) 🕺

(YouTube this one - “Crossover Step Zac Cupples” 1:04 video)

2× per week

- **20 crossovers**, repeat ×2
- **Tips:** Master the rhythm first, then speed up — stay low with bent knees

Want a challenge?

Try slightly bigger distance between lines

5. Plank (Superhero Hold!) 💪

3× per week

- Hold **30 seconds to 1 minute**, repeat ×2
- **Tips:** Body straight like a pencil!
- **Easier Version:** Drop to knees if needed

Want a challenge?

Switch smoothly from hands → forearms (keep body straight!)

6. Balance (Flamingo Stand!)

Single-leg balance

- **30 seconds each leg, repeat ×2**
- **Tips:** Soft knee, eyes forward, small hops to save yourself if wobbly
- **Easier version:** Keep something nearby to rebalance

Want a challenge?

Toss & catch a ball against the wall while balancing!

Increase time balancing

7. Push-Ups (Super Strong Mode!)

3× per week

- **2–3 push-ups**, repeat ×3 (20–30 sec rest) — do more if you can!
 - **Tips:** Body straight like a pencil
 - **Easier version:** On knees, or start with hands on a table
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! Requires a Racket and Ball !

8. Wall Rally (Foam Ball Fun!)

Requirements: Tennis Racket & Foam Ball

(all available from our Pro Shop)

3× per week

- **1–2 min forehand only**
- **1–2 min backhand only**
- **1 min both hands**
- **Tips:** Don't smash it! Gentle hits
- **Easier version:** Roll along ground or just throw & catch

Want a challenge?

Aim for 5/10/20 shots in a row

9. Keepie Uppies (Tennis juggling!)

Requirements: Tennis Racket & Foam Ball

(all available from our Pro Shop)

3× per week

- **Tap ball on racket without hitting the ground**
- **Tips:** Don't hit hard! Gentle taps

Want a challenge?

Aim for 5/10/20/50 in a row
