



Task Card (Side Step)

Action for Life

LESSON
1

Action for Life



Move sideways
along the line taking
a wide step to the side and
sliding other foot over
to meet it.



Action for Life

Task Card (Spider Crawl)

Crawl using hands
and feet.





Task Card (Tightrope Walk)

Action for Life

LESSON
1

Walk along the
line touching heel
to toe, using arms
for balance.





Action for Life

Task Card (High Knees)

Walk lifting the knees
high with every step and
touching opposite hand
to opposite knee.

