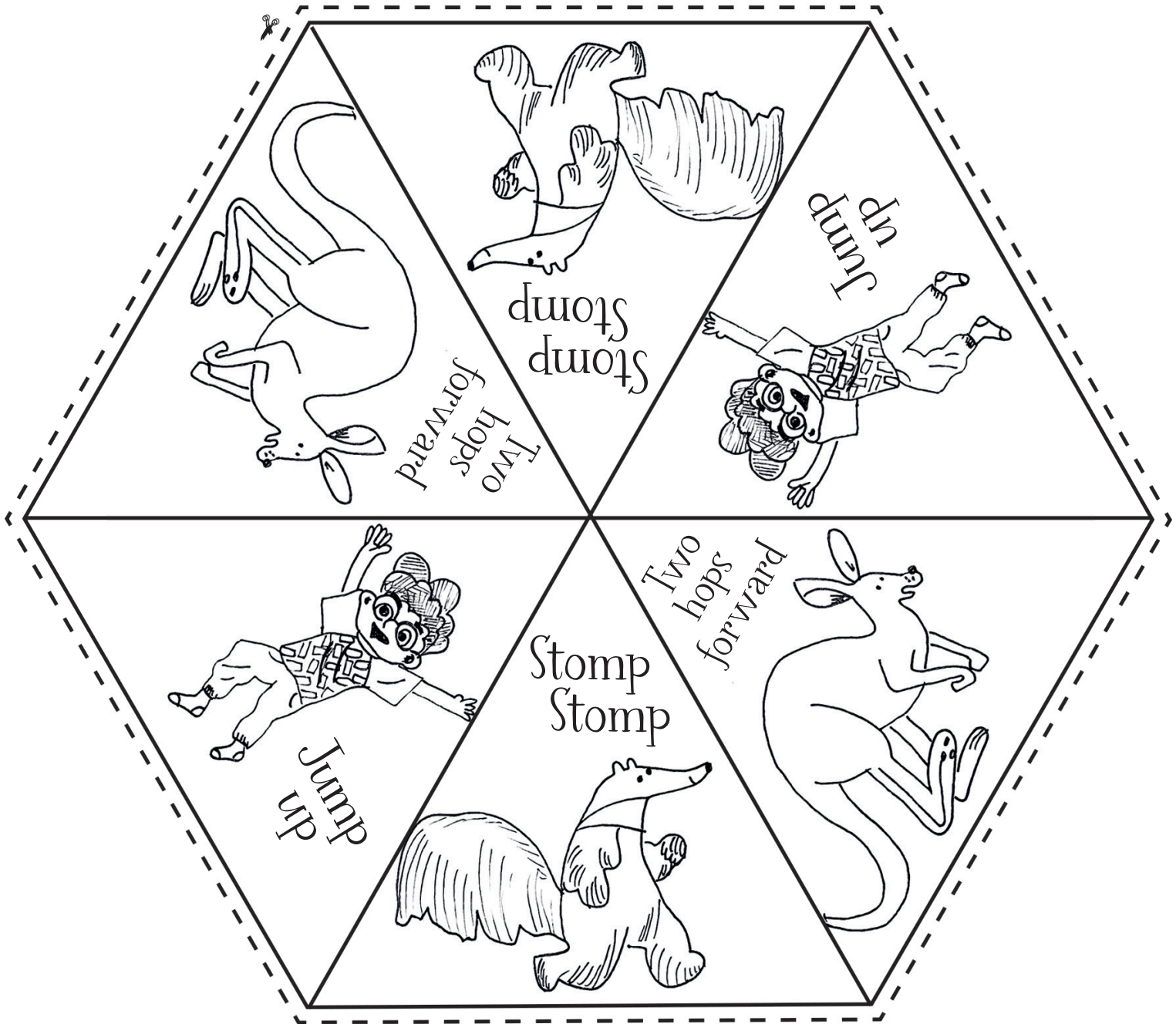


Jump up off your bottom and get in the groove.

Wiggle your body, let's see how you MOVE!

Use the exercise spinner to create your own freestyle dance!



What to do:

- Glue the spinner template to a piece of card or print this sheet onto paper.
- Colour in the spinner.
- Ask an adult to cut out the spinner with a pair of scissors and poke a pencil through the middle of the spinner.

