

Find all of the below routines at  
[www.nhgyim.co.nz/schools](http://www.nhgyim.co.nz/schools)

### YEAR 1 - 2

1. Bouncing x5, arm circles & STOP
2. Tuck Jump
3. Pike Jump
4. Straddle Jump
5. ½ Twist
6. Seat Drop

### YEAR 3 - 4

1. Bouncing x5, arms straight and behind ears & Stop
2. Tuck Jump – (stage 2)
3. Pike Jump – (stage 2)
4. ½ twist – (stage 2)
5. Seat Drop ½ Twist
6. ½ Twist Seat Drop

### YEAR 5 - 8

1. Bouncing x5, arms straight and by the side of the body.
2. Tuck Jump – (stage 3)
3. Pike Jump – (stage 3)
4. Full twist
5. Seat Drop ½ Twist to Seat Drop (swivel hips)
6. ½ Twist Seat Drop ½ Twist to Feet