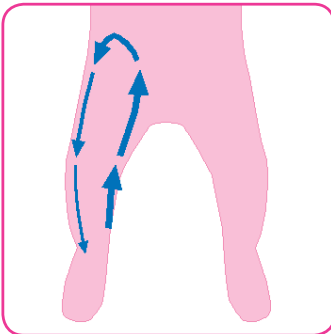


supplementary material

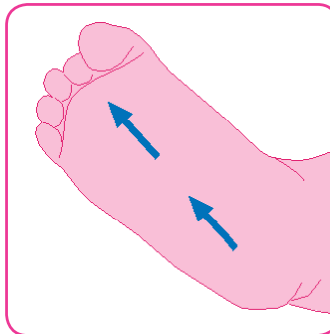
teaching aids

week 1 - legs

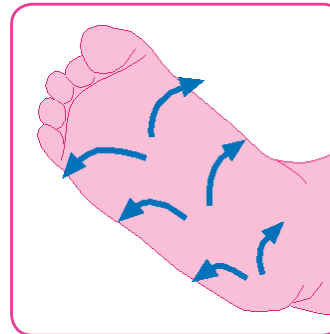
1. easy squeezezy



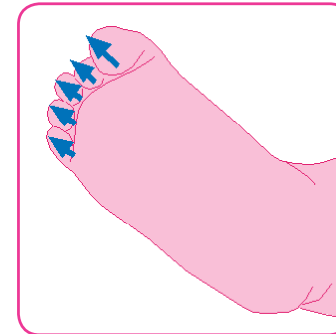
2. give it some sole



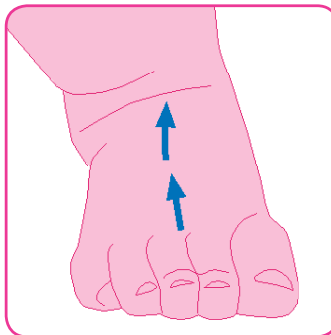
3. wings of love



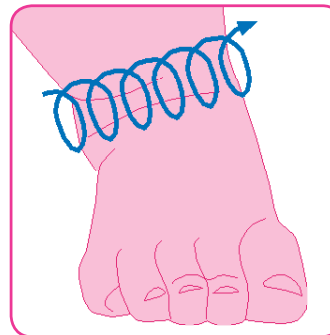
4. sausage roll



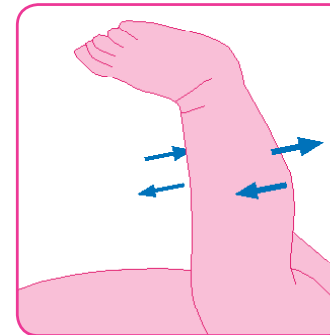
5. happy feet



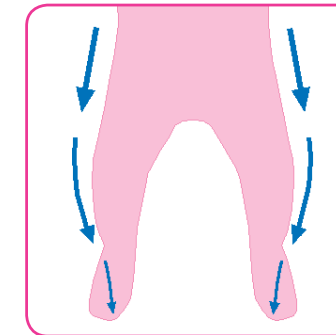
6. ankle bracelet



7. wibble wobble



8. bottom bliss



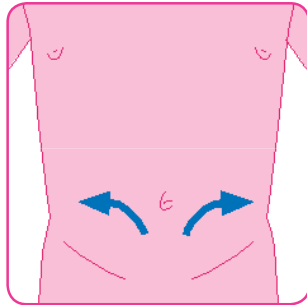
repeat for other leg

supplementary material

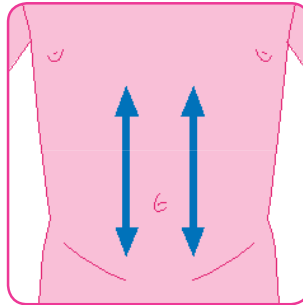
teaching aids

week 2 - tummy

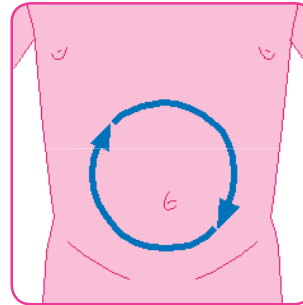
1. tummy snug



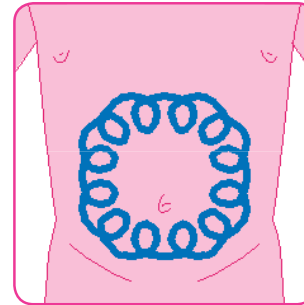
2. roly poly



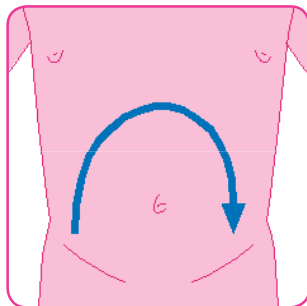
3. tummy time



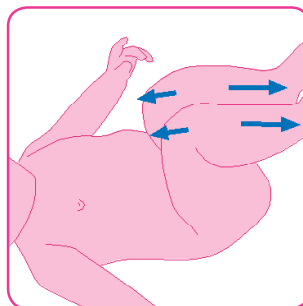
4. flower power



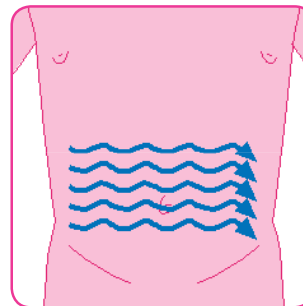
5. rainbow



6. tummy tuck



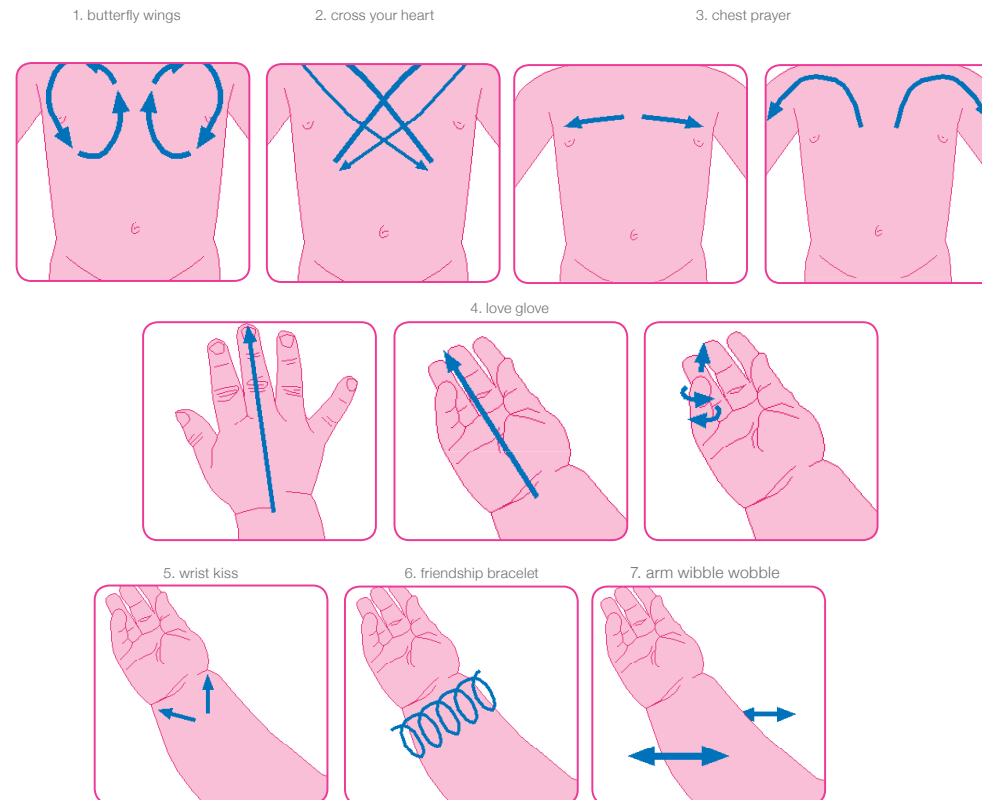
7. caterpillar walk



supplementary material

teaching aids

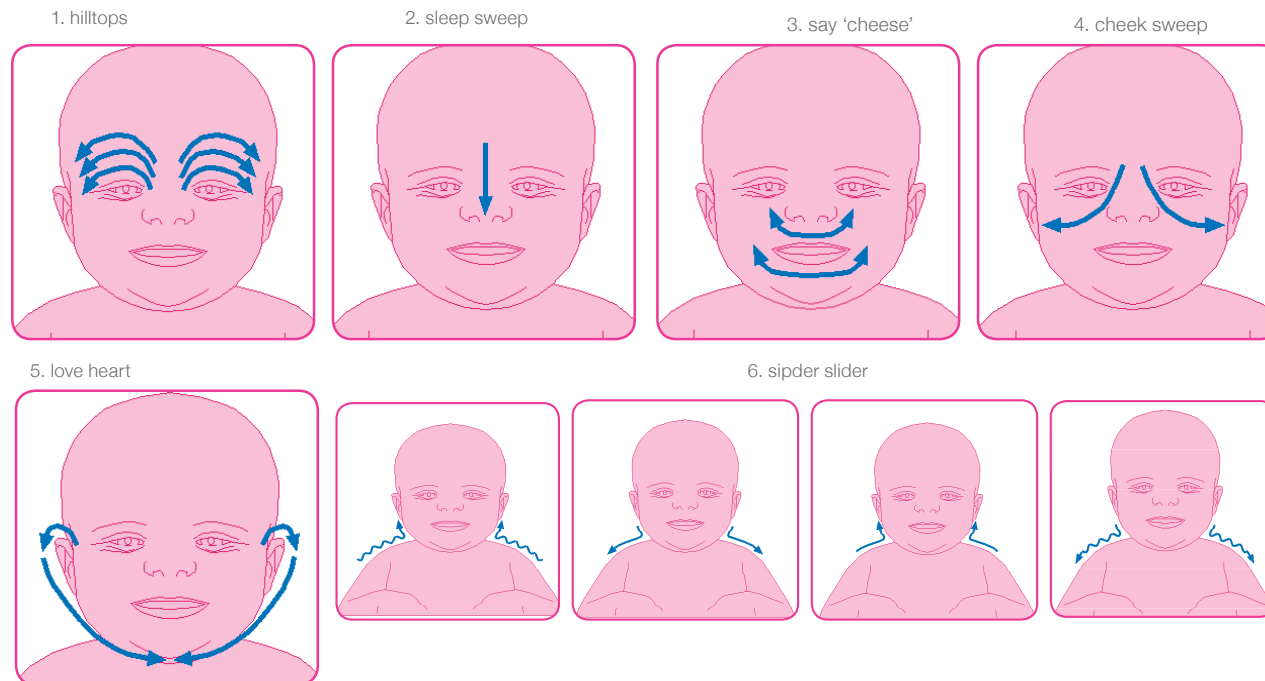
week 3 - chest, arms & hands



supplementary material

teaching aids

week 4 - head and face

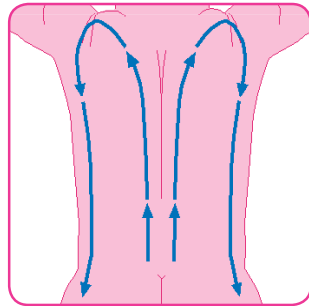


supplementary material

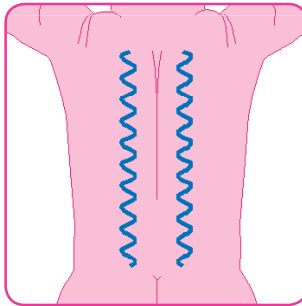
teaching aids

week 5 - back

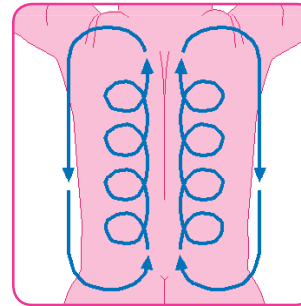
1. m is for mummy



2. wiggly worm



3. daisy chain



4. finger rake

