

# Jump... like a kangaroo (bandar\*)



Swing your arms back and bend your knees

Reach for the stars

Bend knees to land



\*Darkinyung is the traditional language of the Darkinjung people. Central Coast Local Health District acknowledges the Darkinjung People who are the Traditional Custodians of the lands on which we work and live.

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# Hop . . . like a bandicoot (barga\*)



Stand on one leg and bend the opposite leg

Bend arms at elbows



Spring off your foot



Use arm swing and leg swing to help you hop



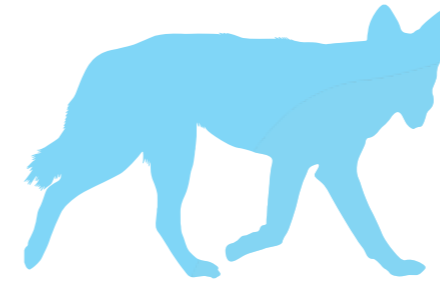
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## Gallop... like a dingo (miri\*)



Step forward with one step

Second foot pushes the front foot in the air

Toe to heel



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## Leap . . . like a sugar glider (banggu\*)



Leap forward with one foot

Land on the opposite foot

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# Side slide . . . like a snake (birdjirul\*)



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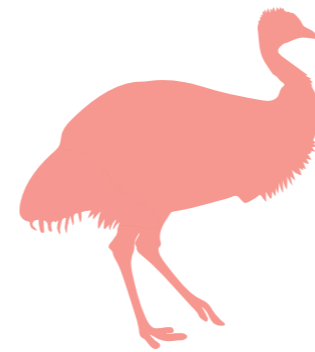


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# Skip . . . like an emu (bari bari\*)



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# Kick . . . like a soccer player



Step next to the ball

Eyes on the ball

Use your laces not your toe

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# Catch... like a netball player



*Hands out in front*



*Keep your eyes on the ball*



*Catch with both hands and bring ball to chest*

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## Underarm throw . . . like a softball player



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## Overarm throw . . . like a cricket player



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# Run . . . like an athlete



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## Stationary dribble... like a basketballer



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## Strike a ball... like a T-ball player



Stand side-on

Hold the bat with both hands

Swing backwards and through

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