

ELASTO'S ACTION SHEET

INSTRUCTIONS

- Do at least one challenge every day (do more if you want!)
- Make sure you are really active for at least 15 minutes
- Complete Elasto's homework challenges
- Try to make Elasto's Stir-fry



ELASTO'S CHALLENGES

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TICK EACH TIME YOU DO IT

1) JUGGLE IT: HOW MANY BALLS CAN YOU JUGGLE?

Start with one ball and then add in more balls. Rolled up socks work well too!

2) RHYTHMIC: PLAY ELASTICS OR DANCE TO YOUR FAVOURITE TUNES.

Put on your fav tunes and get moving. You choose if you dance or do elastics (use elastic or old stocking and loop them around chairs if you're on your own)

3) BODY BALANCE: WHICH BODY PARTS CAN YOU BALANCE ON?

Right hand and left leg? Left knee and right hand? What else? How long can you hold them for? Can you do a handstand?

4) OBSTACLE CHALLENGE: CLIMB AND SWING AT THE PLAYGROUND.

Ask an adult to go with you. Challenge yourself or a friend to complete all the activity stations.

5) FANTASTIC GYMNASTICS: ROLL, BALANCE, JUMP, HULA.

Practice the moves you like. What about cartwheels and jumps? Put together a routine with five moves. For an extra challenge add balls, hoops or ribbons.



ELASTO'S STIR-FRY

INGREDIENTS:

- 500g rump steak, schnitzel or chicken (optional)
- 2-3 cups chopped/sliced vegetables (carrots, cauliflower, broccoli, cabbage, bean sprouts, mushrooms, capsicum, celery, spinach, silverbeet, beans or frozen vegetables)
- 1 chopped onion
- 1 tablespoon oil
- Rice or noodles

Sauce:

- 2 cloves garlic chopped or crushed
- 1/3 cup soy sauce
- 1 tablespoon minced ginger (optional)
- 1 tablespoon cornflour
- 1 tablespoon honey

METHOD:

1. Cut the meat into thin strips.
2. Combine sauce ingredients in a bowl.
3. Heat oil in a large pan and quickly cook the meat and onion until just cooked.
4. Add vegetables and cook until tender – they should still be crunchy.
5. Add the sauce and stir through. Add a little water if you want more liquid.
6. Serve on rice or noodles.

ELASTO'S HOMEWORK

1) Unscramble the words.

mJpu

bimlC

necBlaa

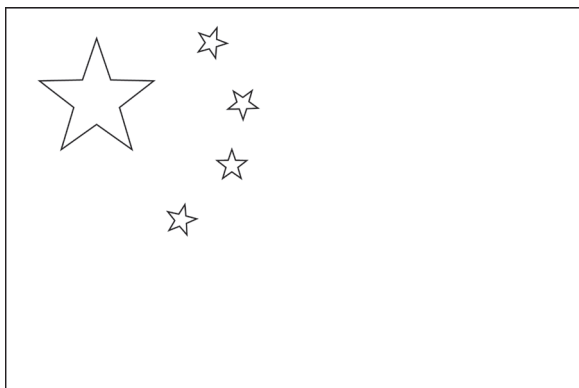
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2) Elasto did 15 star-jumps, 20 cartwheels and 15 handstands. How many exercises did she do all together?

3) Gymnastics is a popular sport in The People's Republic of China. Their flag has one large star and four smaller stars. Colour the flag using the correct colours.



4) Complete Elasto's Home Play challenges.

5) Using Elasto's recipe, make her sensational stir fry at home!