



Walk 10-15 Strides
Halt for a count of 5
Walk 2-5 Strides and complete a 10 metre circle to the right
Walk 2-5 Strides and Halt for a count of 5
Turn to the right and walk 10 strides
Turn to the right at a walk and continue for 10 strides
Complete a 10 metre circle to the right, then halt for a count of 5