

MINECRAFT MOVEMENT TRAINING

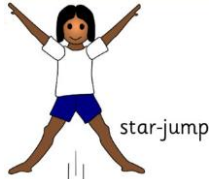
START



You spawn in a new overworld and you immediately spot creepers – you need to get away and scare them off, quickly!



Step Ups

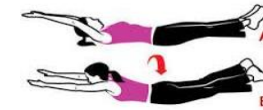


star-jump

1. **RUN** back and forth – change direction to dodge creepers!
2. **STEP UPS** – step up and down on bottom step
3. **STAR JUMPS** – to scare creepers away!



You urgently need to mine diamonds for weapons to defend yourself – crawl through the mines but watch out for falling rocks and sharp falls!

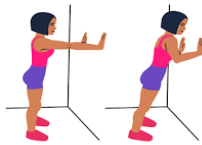


Toe the Line

4. **COMMANDO CRAWL** through the mines to spot diamonds
5. **LOG ROLLS** with arms stretched out above your head
6. **BALANCE WALK** so you don't fall down an empty mine!



Well done, you've escaped creepers and made yourself an axe. Now you need to get firewood to set up camp and build your muscles for your trip to....the NETHER! Oh, and don't forget to PRAY you'll make it out alive...



WALL PUSH UPS



7. **REACH AND PUSH** - reach up to cut firewood and do wall press ups to push tree over, keeping back straight
8. **ARM STRENGTH** – hold on to the sides of a chair and lift your body
9. **PRAY FOR SURVIVAL** – Push the palms of your hands together as hard as you can for 5 seconds and then release.

FINISH!

WIMECRAFT