

Stand up...

Slow Stretch

Write your name
with body parts

Spin 3X'S

JUMP 10X'S

Head Shoulders,
Knees & Toes

The Twist

Squat 5X/s

Bean Bag Toss

Tooty-Ta

Wiggle Toes to
Head

Balance on 1
Foot

Miss Mary Mack

10 Windmills

10 Jumping
Jacks

Bend & Stretch

Waist Bends

Jog in Place

Hop on 1 Foot

Crawl

Tip-Toe

Word Wall
Basketball

Rock & Roll

Seat Swap

Mother Goosey
Bird

Do the Wave

Buzz

Cross the
Midline

Simon Says

10 Sit Ups