



**Run in place for a  
count of 30.**



**Jog around the  
play area.**



**Do 30 scissor  
jumps.**



**Complete 30  
standing ab twists.**



**Complete 20 high  
knees.**



**Jump as high as  
you can 5 times.**



**Pick an open spot  
and jump as far as  
you can.**



High five someone  
not in your group.





**Complete 10 arm  
circles.**



**Complete 20  
mountain  
climbers.**



**Complete 10  
squats.**



**Hold plank  
position for 15  
seconds.**



**Touch a wall and  
run back to your  
group.**



**Tell your teacher today's objective then run back to your group.**



**Complete 8  
jumping jacks.**



**Do a dance move of your choice (ex. flossing) for 10 seconds.**

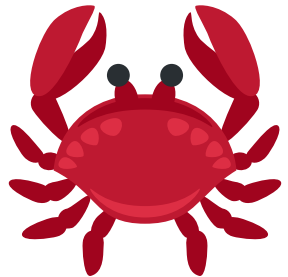




**Find someone to play rocks,  
paper, scissors with. If you  
lose do 10 jumping jacks.**

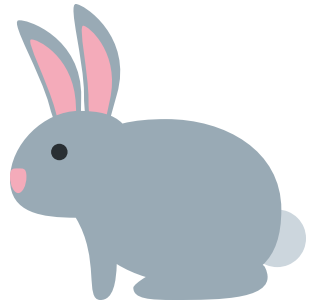


**Crab walk back to  
your group.**





Hop like a bunny  
back to your  
group.



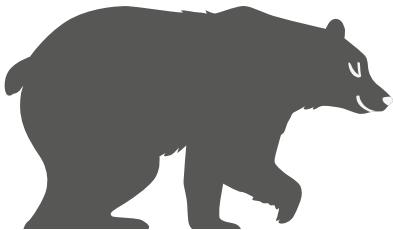


Jump like a frog  
back to your  
group.





**Bear crawl back to  
your group.**





Hold chair pose for  
10 seconds.





Hold seated  
forward bend pose  
for 10 seconds.





Hold mountain  
pose for 10  
seconds.







Hold boat pose  
(as best you  
can) for 10  
seconds.