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| START | END | Do 10 toe touches |
| Do 8 squats | Do 15 arm circles | Walk around the room on your tip toes |
| Walk around the room on your heels | Balance on 1 leg for 10 seconds | Walk backwards around the room |
| Do 10 frog hops | Do 5 push-ups | Do 7 sit-ups |
| Skip around the room | Crab walk around the room | Crawl around the room |
| Do 10 jumping jacks | Do 10 wall push-ups | Roll again |
| Gallop around the room |  Become a table for 15 seconds | Move ahead 3 spaces |
| Wheelbarrow walk with a partner | Move back 3 spaces | Hop on 1 foot 5 times  |
| March around the room touching opposite hand to opposite knee | Do 8 lunges | Take 9 giant steps |