

## Arm Circles

Reach and stretch your arms out wide to your sides in opposite directions. Circle your arms forward, back, or in opposite directions.

Arm circles can be small or big, fast or slow, two arms or one arm at a time.



## Chair Stands

Stand in front of a chair with your feet shoulder width apart. Sit back onto the chair and quickly stand up.

Try to stand up without using your arms to help.



## Cross-Over Kicks

Starting position: Stand with your feet about shoulder width apart.

Kick your left leg across the front of your right knee; bring it back to starting position. Kick your right leg across the front of your left knee and bring it back to starting position.



## Dribbling the Ball



There are two ways you can dribble a ball.

**Basketball:** Bounce the ball off the ground and back up using your hands. Try to keep the ball under your control for as long as you can.

**Soccer:** Kick the ball softly in front of you as you run. Try to keep the ball close to your feet, rather than kicking it far away.



## Forward Kicks

**Starting position:** Stand with your feet about shoulder width apart.

Kick your right leg forward in front of your body and bring it back to starting position. Kick your left leg forward in front of your body and bring it back to starting position.

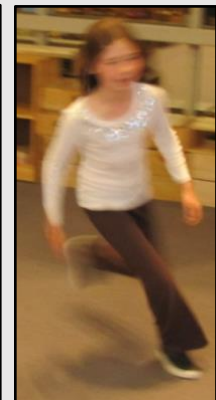
Be careful not to kick other students.



## Gallop

**Starting position:** Stand with your feet about shoulder width apart.

Extend one leg forward and then bring the other leg behind it. Always lead with the same leg while the other tries to catch up.



## Hop/Jump with Both Feet

Starting position: Stand with your feet about shoulder width apart.

Bend your legs at the knee and then jump straight up in the air as high as you can. Swing your arms as you jump and reach toward the ceiling to go even higher!



## Hop/Stand on One Foot

Starting position: Stand with your feet about shoulder width apart.

**Hop:** Swing one leg into the air, bending your knee and raising your arms as you lift yourself off the ground. Land back on the non-swinging leg. Switch sides.

**Stand:** Swing one leg into the air, but don't jump. Try to keep your balance. Switch legs.



## Imaginary Jump Rope

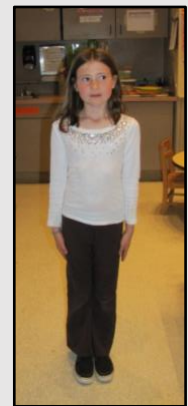
Pretend you are jumping rope.  
Use real jump ropes when space allows.

Jump forward, backward, on one foot, two feet. Be creative.



## Jumping Jacks

Put your hands up in the air above your head, palms facing inward and spread your legs out. Quickly bring your arms to your sides and your feet together. Repeat.



## Knee Raises

Stand straight up and slowly bring one knee up towards your chest while keeping your upper body stable, then slowly bring the leg down. Repeat with the other leg.



## Lunge/Forward Lunge

Place your hands on your hips.

Standing with your feet together, step your right leg forward and bend your left knee down toward the ground. Make sure your right knee does not go past your toes on your right foot. Your left knee should be pointing down and your right knee should be pointing forward. Push up off your right foot and return to your starting position. Repeat with your left leg.



## March with High Knees

March forward or in place. As you lift each knee up, bring it as high toward the ceiling as possible.



## Overhead Reaches

Put your arms above your head, now pretend like you are climbing a rope, so as the right arm comes down your left arm reaches up higher and vice versa.



## Push Ups

Starting position: Place your hands on the floor about shoulder width apart in a comfortable position. Extend your legs behind you and rise up onto your toes. Keep your body straight (no sagging hips or bottoms in the air) with your head up. You will be holding your body up on four points (toes and hands) in a straight line.

If you can, bend your elbows and lower your whole body toward the floor and then push back up to the starting position. You can also try it on your knees. Another option is to just try holding yourself in the starting (up) position.



## Shoulder Blade Squeezes

Stand or sit with your back straight.

Slowly squeeze your shoulder blades together by moving your shoulders backward. Imagine your shoulder blades touching. Hold for a few seconds, relax and repeat.

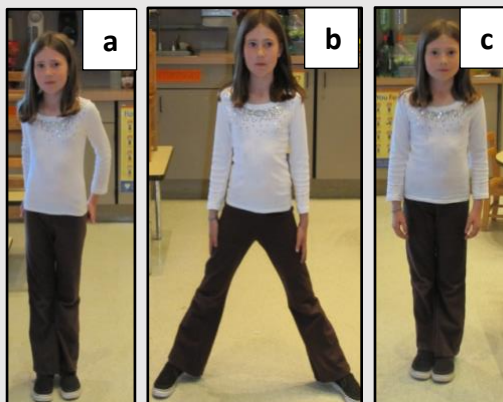


## Shuffle/Sideways Slide

Starting position: Stand with your feet about shoulder width apart (a).

Keep one foot planted in place and step out to the side with the other leg so you are standing in a straddle position (b).

Slide your planted leg over so that you are standing in the starting position. Repeat to the other side (c).



## Side-to-Side Jumps

Starting position: Stand with your feet about shoulder width apart.

Extend your right leg to the side and jump to the right. Bring your left leg along as your right foot makes contact with the ground. Repeat with your other leg.



## Sit Ups

Lie on the ground on your back and bend your knees so your knees point up toward the ceiling. Without moving your legs or pulling on your head/neck, bring your chest up toward your knees. Slide your hands along the floor toward your feet. Slowly lower your back down to the ground and repeat.



## Skipping



Starting position: Stand with your feet about shoulder width apart.

Lift your right knee straight up toward your chest. At the same time, jump into the air using your left leg. Once you have landed, switch legs and repeat.



## Squats/Deep Squats

Starting position: Stand with your feet about shoulder width apart.

Bend your knees and lower your body so your bottom moves down and backward; pretend like you are going to sit back in a chair. Try to keep most of your weight in your heels rather than in your toes. When you have lowered to about the height of a chair, pause and use your leg muscles to stand back up.



## Star Jumps

Start in a tucked or squat position (a).

Then, jump up and explode into the air. Spread your arms and legs out to make a "star" as you jump (b).



## Toe Raises

Starting position: Stand with your feet about shoulder width apart.

While keeping your toes on the ground, raise the heels of both your feet into the air. Hold your heels up for a few moments before lowering them back to the ground. Repeat.

Be careful to keep your balance!



## Walking Heel-to-Toe

Walk in a straight line so that the heel of your front foot is always placed directly in front of the toes of your back foot.

Look up so you don't walk into a classmate, a wall or a desk!





## Zig-Zag Walk

Walk forward in a straight line, but when you step with your right leg cross it in front of left leg and when you step with your left leg cross it in front of your right.

You could also do this travelling in a sideways direction. When you move sideways this is called a grapevine.

