

# **12 Days of PE Christmas**

**1 Run in Place  
like Rudolph**

**12 Days of PE Christmas**

**2 Squat**

**& place a present**

**under the tree**

**12 Days of PE Christmas**

**3 Juggle**

**invisible snowballs**

**12 Days of PE Christmas**

**4 One Foot Hop  
through the snow**

**12 Days of PE Christmas**

**5 Toe Touch**

**and tie your boots**

**12 Days of PE Christmas**

**6 Trunk Twist**

**and pass the presents**

**12 Days of PE Christmas**

**7 Tap Nose  
& nod your head**

**12 Days of PE Christmas**

**8 High Reach**

**Place a star on the tree**



**12 Days of PE Christmas**

**9 Ski Jump**

**Down the slopes**

**12 Days of PE Christmas**

**10 Arm Circle  
lights around the tree**

**12 Days of PE Christmas**

**11 Climb up &  
out the chimney**

**12 Days of PE Christmas**

**12 Jump down  
through the chimney**