

Push-Ups

Activity 7.11 Add-On Cards

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).



Curl-Ups

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From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).

Coffee Grinders

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Crab Kicks

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Golden Rests

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Leaping Leaps

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Jumping Jacks

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Forward Lunges

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Carioca Steps

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Skipping Skips

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Rooster Hops (One Foot)

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Running Steps

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