

# Today's Schedule

1.



**Learning Target**

2.



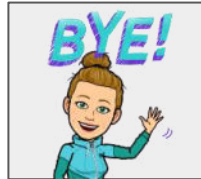
**Warm-up**

3.



**Winter Workout**

4.



**Gym is Done**

# Time to Workout!

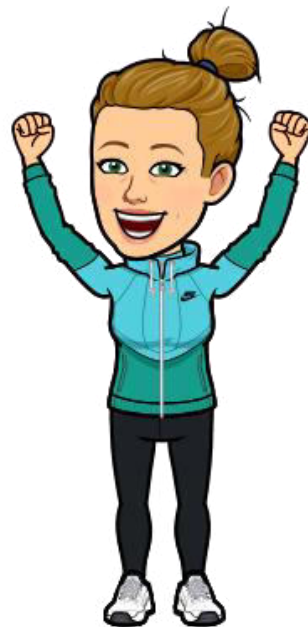
*Winter Workout*





Sitting Workout

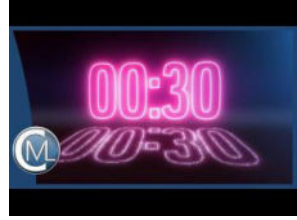
or



Standing workout

# Snow Falling

## MOVE ARMS & WIGGLE FINGERS



Seated



Standing

# Windy Blizzard

MOVE ARMS OUT AND IN



Seated



Standing

# Snow Day!

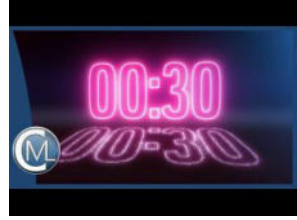
BOTH ARMS REACH UP



Seated



Standing



# Brrrr...It's Cold!

## SHOULDER TAPS



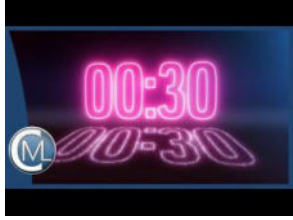
Seated



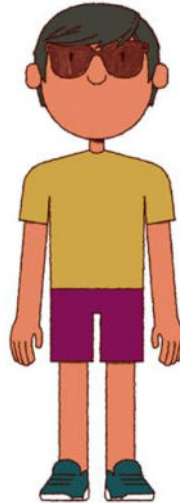
Standing

# Put on Snow Suit

## TOE TOUCHES



Seated



Standing

# Put on Mittens

## PUNCHES



Seated



Standing

# Put on Snow Boots

## LEG RAISES



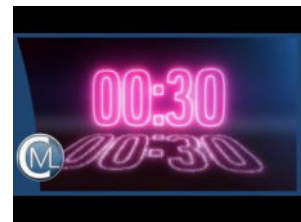
Seated



Standing

# Winter Wonderland!

## NECK STRETCH SIDE TO SIDE



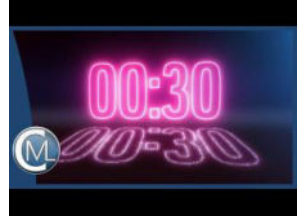
Seated



Standing

# Catch Snowflakes on Tongue

## NECK STRETCH UP & DOWN



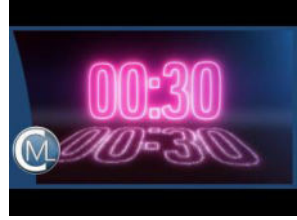
Seated



Standing

# Make a Snowball

## SCOOPING ARMS



Seated



Standing

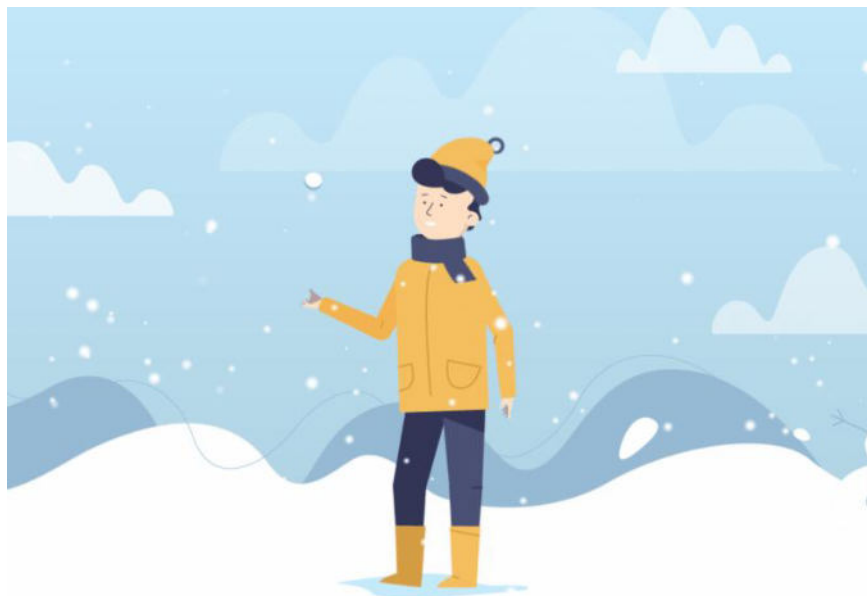
# Snowball Fight!



## SWIMMING ARMS



Seated



Standing

# Building a Snowman

## FRONT ARM RAISES



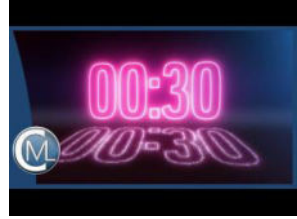
Seated



Standing

# Put His Head on Top

FINGERS TOUCH ABOVE HEAD



Seated



Standing

# Add His Nose & Eyes

## OVERHEAD REACH



Seated



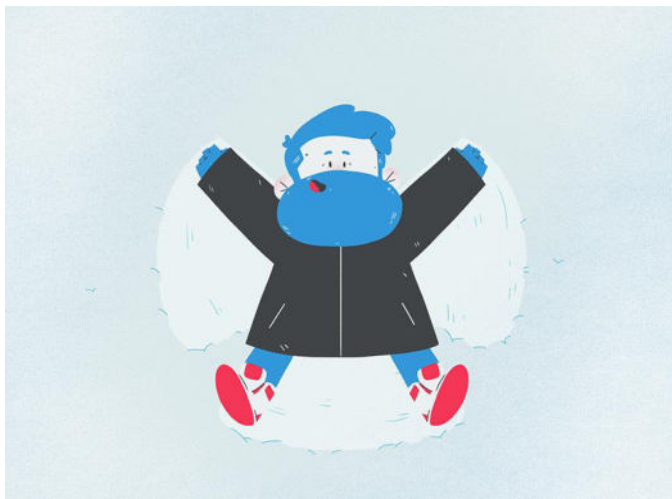
Standing

# Make a Snow Angel

SIDE ARM RAISES OR JUMPING JACKS



Seated



Standing

# Bumpy Sled Ride

## SHOULDER SHRUGS



Seated



Standing

# Downhill Skiing

TWIST SIDE TO SIDE



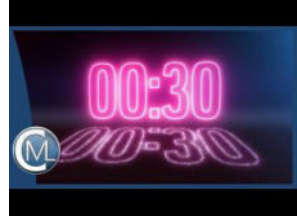
Seated



Standing

# Ice Skating

## ANKLE ROLLS OR LUNGES



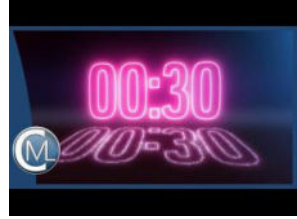
Seated



Standing

# Stuck in Snow

## ARM CIRCLES



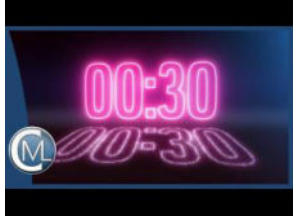
Seated



Standing

# Snow Plow Truck

BOTH ARMS ABOVE HEAD & LEAN TO SIDE



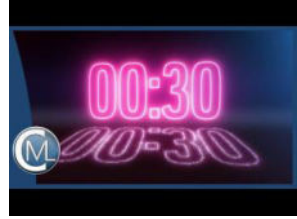
Seated



Standing

# Time to Shovel

WINDMILLS



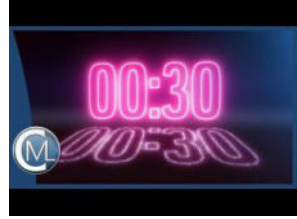
Seated



Standing

# Drink Hot Chocolate

## BICEP CURL



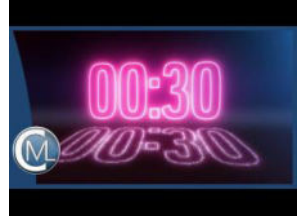
Seated



Standing

# Get Warm By the Fire

## ONE ARM ABOVE HEAD & LEAN TO SIDE



Seated



Standing



**DONE**