

Go Outside 15 mins	Bicep Curls 20 reps	Raise Arms Above Head 10 reps	Roll Ball from Lap 15 reps
Switch a ball between both hands 20 reps	Dance 1 song	Kick Out Legs 30 secs	Play Outside 15 mins
Tidy your room	Play Catch 20 mins	Arm Circles 30 secs	Stretch 3 different muscles
Hold your arms in front of you 30 secs	Toss Ball to Target 15 reps	Play a Sport Outside 15 mins	Reach for your Toes 10 reps



Directions: Complete exercise in box, click when complete, try to get **4-in-a-row**: up, down, or diagonal

Equipment: Soccer ball, Tennis ball, or similar

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