























# **Jumping Jacks**



#### **Arm Circles**













### **Quick Feet**



































# **Mountain Climbers**















## **Bicycle Crunches**



45 With Music Seconds Timer





























#### **Answer Sheet**

- 1. Name a type of ball that you might play with for fun.(8)
  - 1. Football
  - 2. Baseball
  - 3. Rubber/bouncy
  - 4. Tennis
  - 5. Basketball
  - 6. Soccer
  - 7. Ping pong
  - 8. Wiffle
- 2. Tell me a place you might be told to be quiet. (5)
  - 1. Library
  - 2. Classroom
  - 3 Church
  - 4 Movie Theatre
  - 5. Bedtime/home
- 3. What is something you might see on the ground in a messy room? (6)
  - 1. Toys
  - 2. Clothes
  - 3. Backpack
  - 4. Floor/carpet
  - 5. Pen/pencil
  - 6. Food/wrappers
- 4. Name something people write with. (7)
  - 1. Pen
  - 2. Pencil
  - 3. Keyboard
  - 4. Crayon
  - 5. Chalk
  - 6. Dry Erase/Marker
  - 7. Paint

- 5. What's another word for "garbage"? (5)
  - 1. Trash
  - 2. Junk
  - 3. Waste
  - 4. Rubbish
  - 5. Litter
- 6. What's something you might close your eyes to do? (7)
  - 1. Sleep
  - 2. Swim
  - 3. Make a wish
  - 4. Hide and seek
  - 5. Think hard
  - 6. Prav
  - 7. Sneeze
- 7. Name a way people get from place to place. (7)
  - 1. Car/drive
  - 2. Run/walk
  - 3. Plane/fly
  - 4. Bus
  - 5. Bicycle
  - 6. Train
  - 7. Motorcycle
- 8. Name something you only do when your sick. (6)
  - 1. Take medicine
  - 2. Stay home
  - 3. Throw up
  - 4. Go to doctor
  - 5. Nao
  - 6. Eat soup