



10 Jumping Jacks



Run in place for 30 seconds



15 Touch your toes



10 high knees



10 hops on each foot



Skip on the spot for 30 seconds



Jump up and down 10 times



10 arm circles both ways



20 second superman



20 second bow pose



10 Side stretches - both sides



10 Heel kicks



20 second down dog pose



20 second plank pose



20 second table hold



10 pencil jumps



STUDENT CHOICE



TEACHER CHOICE