

Jump up and down 10 times

Spin around in a circle 5 times

Hop on one foot 5 times

Walk like a bear for a count of 5

Do 10 star jumps

Hop like a frog 8 times

March like a soldier for a count of 12

Jog on the spot for a count of 20

Balance on your right foot for a count of 10

Balance on your left foot for a count of 10

Bend down and touch your toes 20 times

Flap your arms like a bird 25 times

Pretend to ride a horse, gallop for a count of 15

Try to touch the clouds for a count of 15

Walk on your knees for a count of 10

Jump like a kangaroo 10 times

Shake your whole body for a count of 10

Kick your legs up high for a count of 20

Lie on your back and pretend to pedal a bike
with your feet for a count of 18

Crawl on your hands and knees for a count of 20