

# GET OUT AND PLAY

IF THE WEATHER IS GOOD GET OUTSIDE AND DO THE FOLLOWING

1. Do a cartwheel
2. Roll across the grass on your side 10 times
3. Take 15 GIANT steps forward
4. Run to a spot in the yard and back 5 times
5. Hop on one foot 8 times repeat on other foot
6. Spin around 10 times Spin the other way 10 more
7. Hop like a frog 7 times
8. Take 15 GIANT steps backwards
9. Walk like a crab to a spot in the yard and back
10. Jump up and down 14 times
11. Walk like a bear to a spot in the year and back
12. Take 15 GIANT steps sideways and back again
13. Gallop like a horse to a spot in the yard and back
14. Jump rope!!
15. Have FUN FUN FUN!!!