

STOMP

like an elephant

hop



like a frog



flap

your arms
like a bird

crawl



like a crab



stand

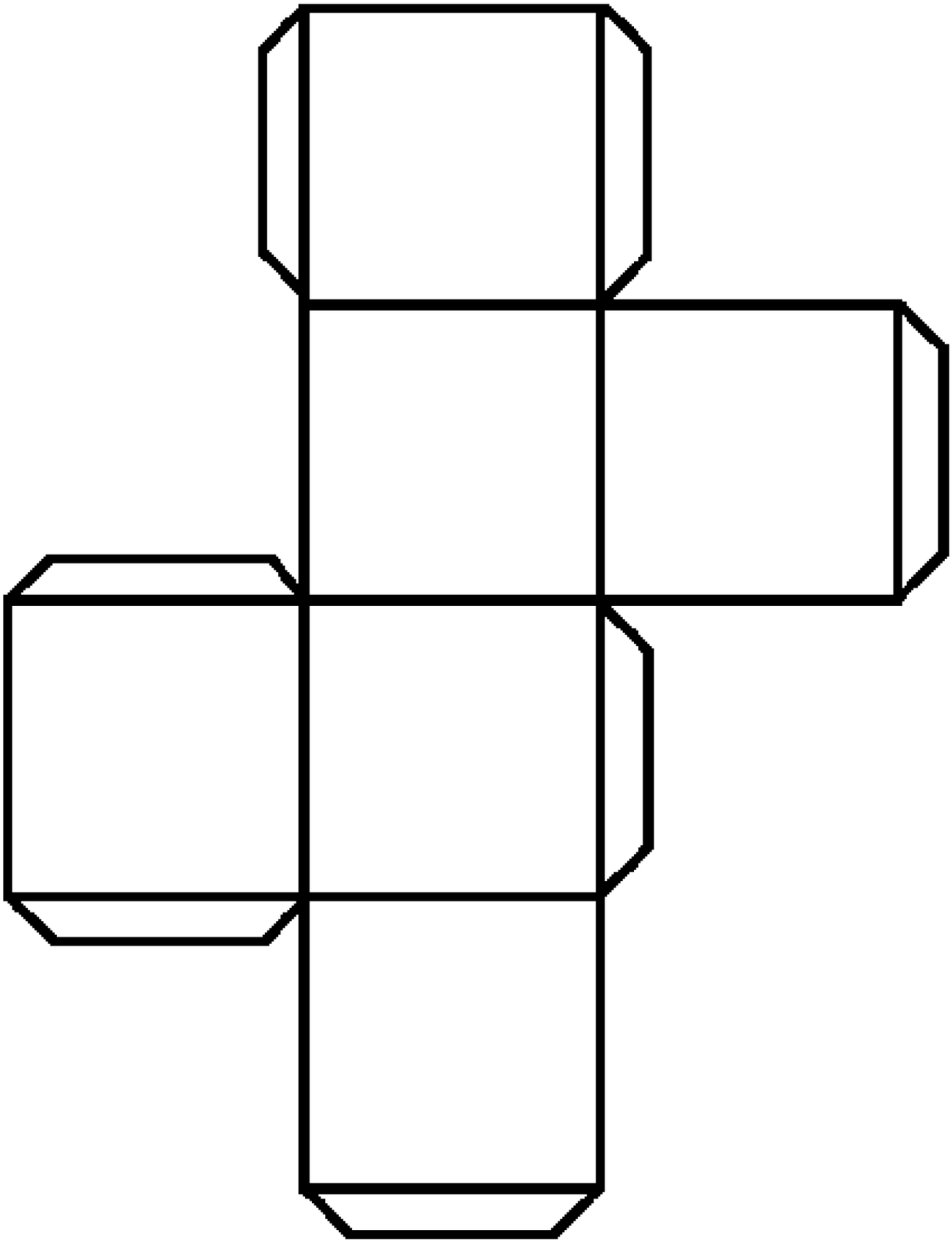
like a
flamingo



Waddle

like a penguin

Cut, fold and tape together to form a large classroom dice. Roll a numbered dice to select how many times you try the activity.



Cut, fold and tape together to form a large classroom die. Roll a numbered die to select how many times you try the activity. Be creative and create your own activities to try!

CHARACTER CREATIVITY!



Jump up & down



Pretend to pedal a bike with your hands



Spin around in a circle



Crawl like a crab



Hop on one foot



Walk backwards



Run-on the spot



Flap your arms like a bird



Walk like a bear



Jumping Jack



Skip



Touch your toes



Clap hands



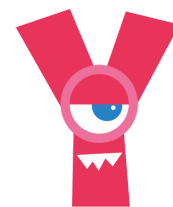
Wiggle



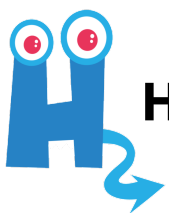
Sit down, stand up



Bum Kick



Stretch



Hop like a frog



Walk forward



Dance



March in place



Wall push-up



Squat down low



Reach for the sky



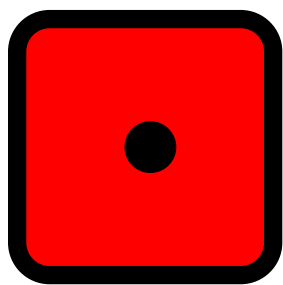
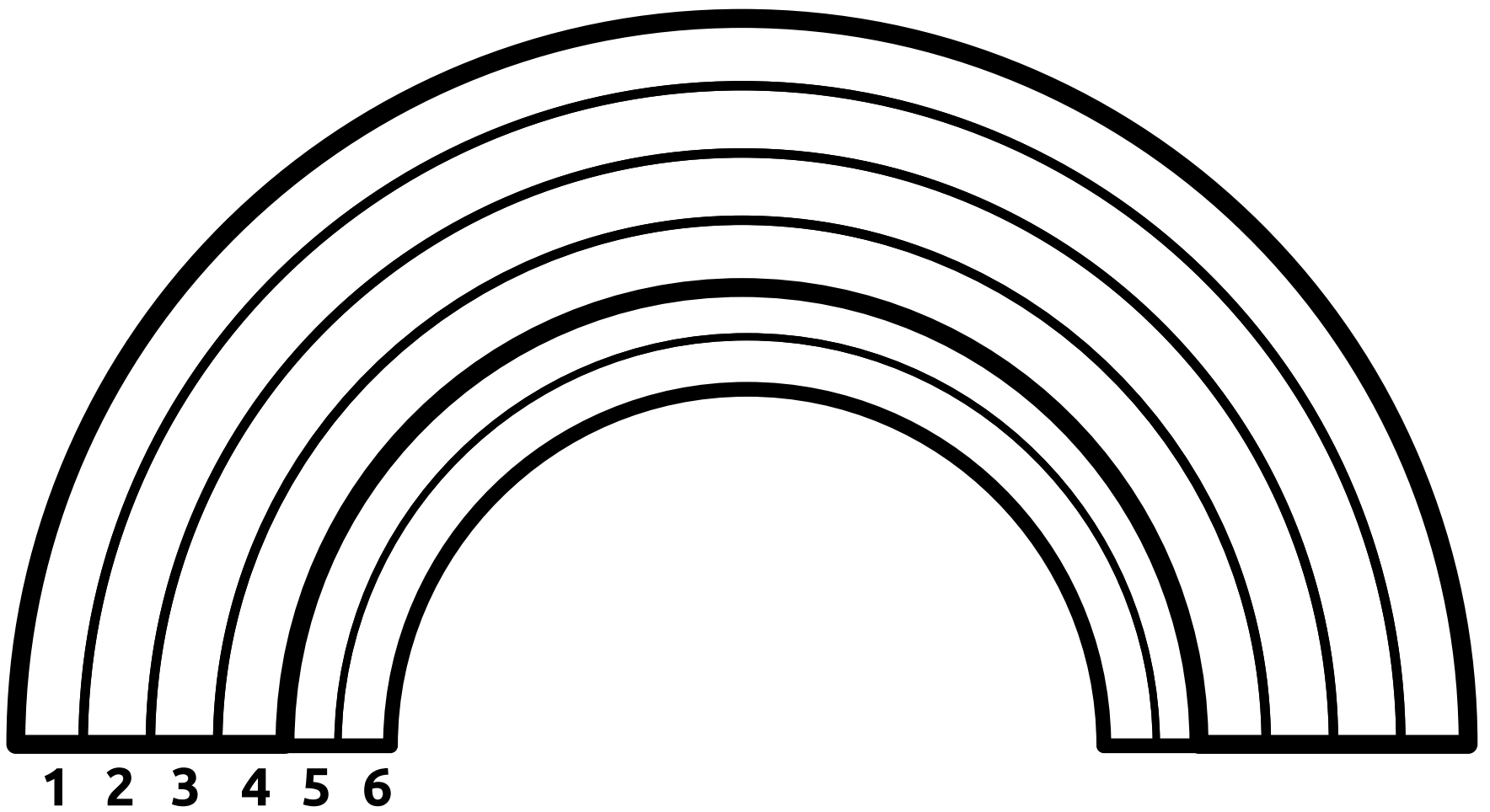
Pretend to jump rope



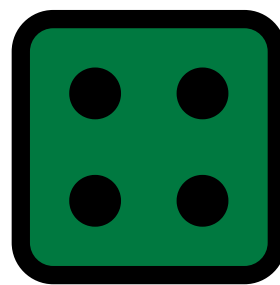
Shuffle to the right

Have the class list out some of their favorite characters from a movie, TV show or book. Spell the characters' names and complete the physical activity for each letter. For Example SUPERHERO or SNOWPERSON

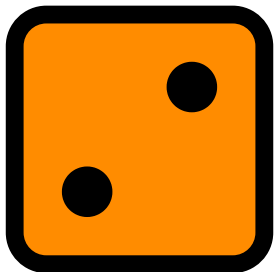
ROLL A RAINBOW



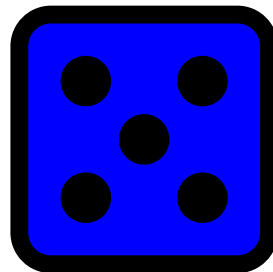
Run in Place



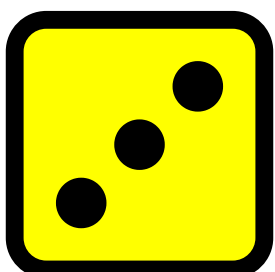
Frog Jump



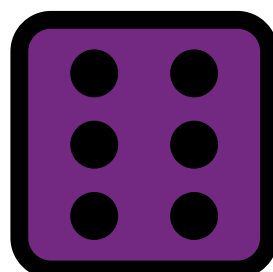
Touch your Toes



Jump

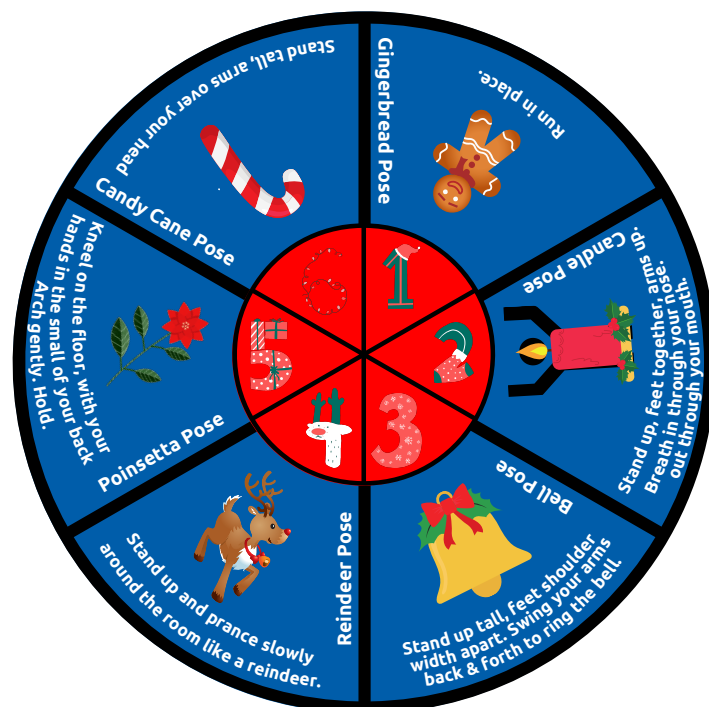
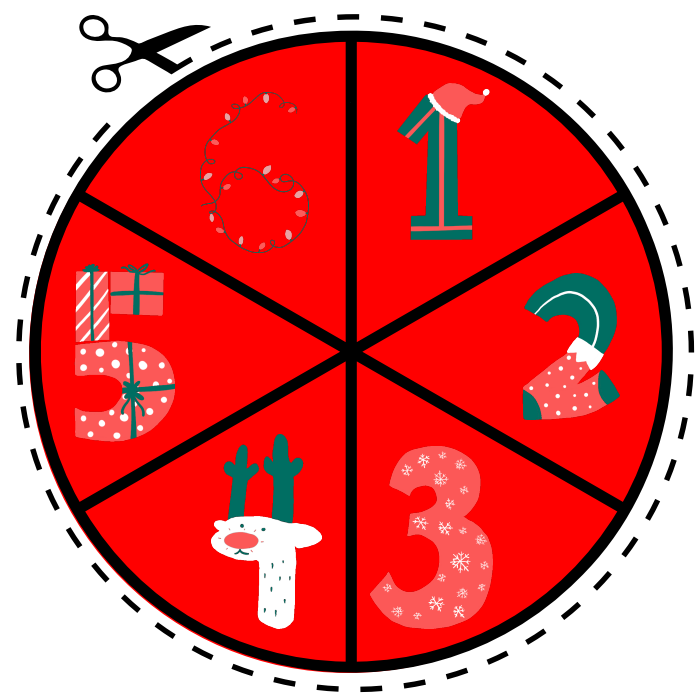
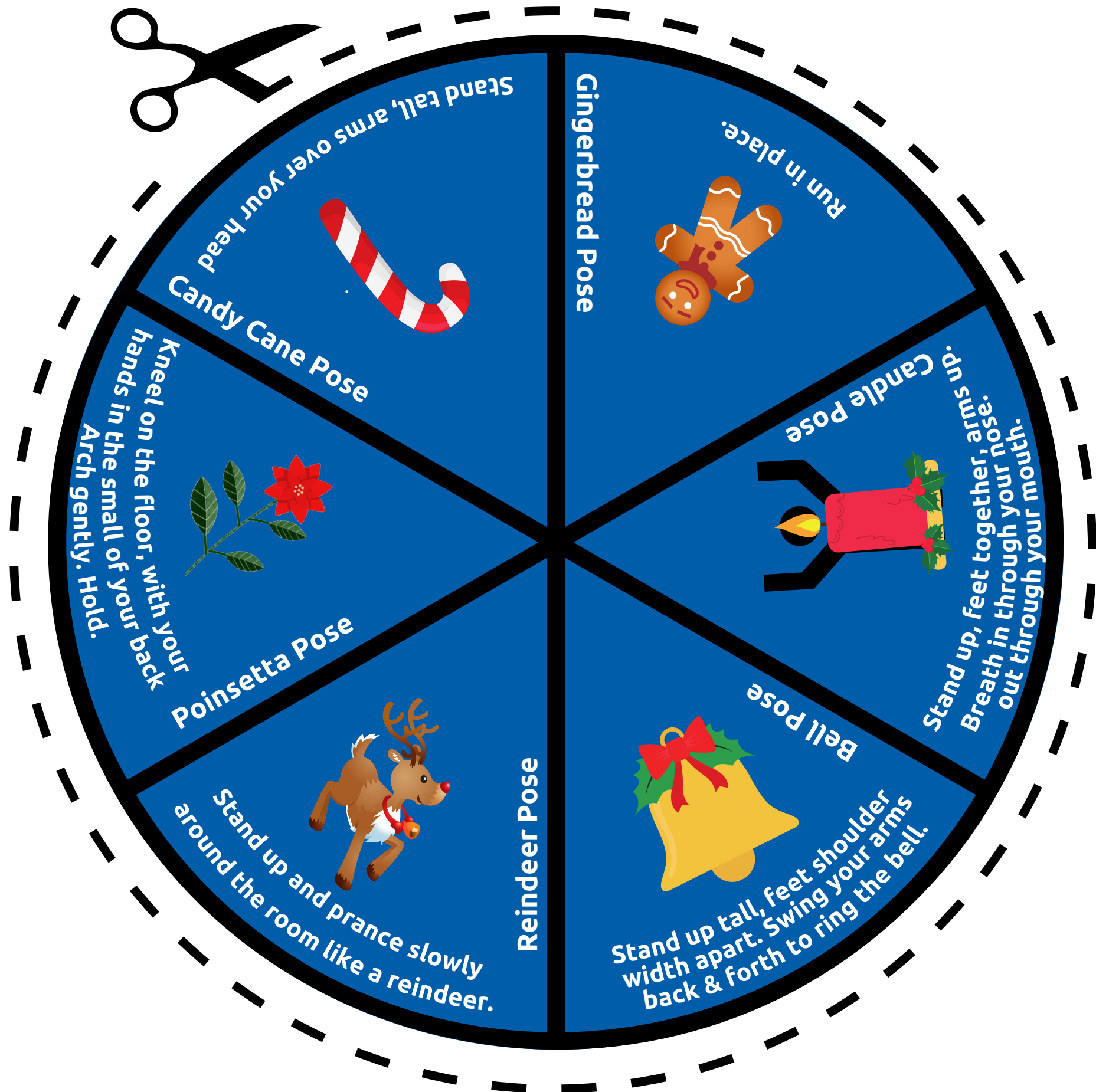


Arm Circles



Dance Party!

Roll a dice, complete the action, colour the rainbow!



Cut out both circles, use a brad fastener to attach the small circle on top of the large circle. Spin the small circle and try each activity the number of times indicated.