

Jog on the spot
until the sand
runs to the
bottom.

Do seventeen star
jumps then
sixteen sit ups.

Spin a hoop on 1
arm for fifteen
turns.

Step along the
bench then jump
off into a hoop.

Do ten hops on 1
leg **then** ten hops
on a **different** leg.

Run **with** an egg
on a **spoon** to
the bucket. Put it
in **then** run back.

Run on the
spot.

Jump up and
down.

Roll a hoop
on an arm.

Hop on 1 leg.

Step along
the bench.

Roll a quoit
to the target.

run

hop

jump

step

roll

skip