

SKIP AROUND THE PLAY AREA



fit

GO GET A DRINK OF WATER



fit

BOUNCE-PASS A BALL



JUMP ROPE/JUMP OVER ROPES



TOSS A BEANBAG



WALK BACKWARD IN PLAY AREA



fit

TOSS AND CATCH SCARVES



fit

HULA HOOP DANCE WITH A PARTNER



DO A YOGA FLOW



Instructions

Bow
Start kneeling with your hips stacked over your knees. Reach your right hand to touch your right foot. Raise your left hand to the ceiling.

Half Camel
Start kneeling with your hips stacked over your knees. Reach your right hand to touch your right foot. Raise your left hand to the ceiling.

fitFlow

Easy Pose Cobra Bow Half Camel



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Extension



DO A FITBOOST

