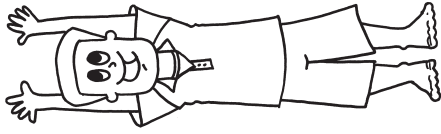


mountain

- stand tall with feet together
- arms above heads

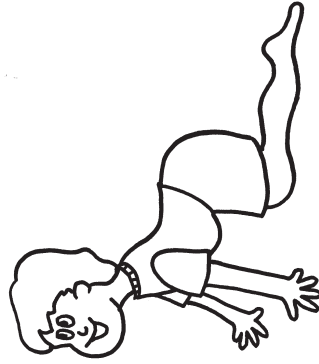


LEVEL 1

yoga

cat stretch

- table position with hands and knees on floor
- drop head slightly toward the floor
- roll the back up like a cat
- reverse – raise head and bottom up, and extend belly toward the floor

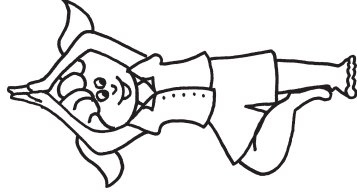


LEVEL 1

yoga

tree

- mountain pose
- shift weight to one foot
- place non-weight bearing foot on calf of opposite leg (make a '4')
- arms above head and bring hands together



LEVEL 1

yoga

Triangle

- standing position with feet shoulder width apart
- step out to the side with right foot
- point right toes outward
- raise arms to shoulder height
- slide the right arm down the right shin
- look at the ceiling



LEVEL 1

yoga

down dog

- table position with hands and knees on floor
- curl toes under
- drop head slightly toward the floor
- raise bottom to ceiling

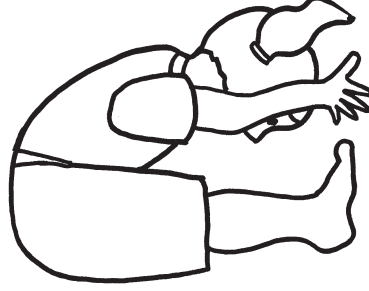


LEVEL 1

yoga

standing forward bend

- mountain pose
- bend at hips and keep the back straight
- walk hands down the thighs, shins and to the floor
- slow return to mountain pose

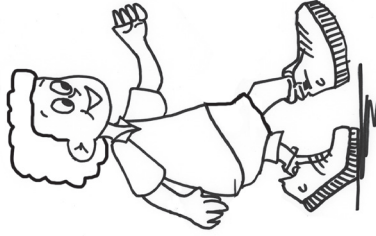


LEVEL 1

yoga

walk

- standing position
- shoulders back
- step
- swing opposite arm forward
- repeat

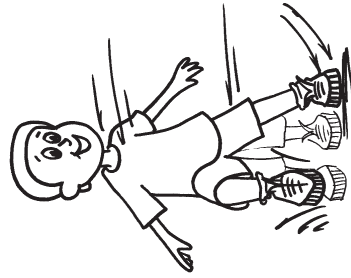


LEVEL
1

traveling

slide

- stand with feet shoulder width apart
- step sideways with lead foot – sliding is a sideways step with a short leap together – bring trailing foot together with lead foot

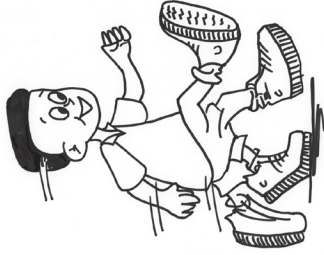


LEVEL
1

traveling

run

- standing position
- face forward
- arms bent
- big stride
- swing opposite arm forward
- repeat quickly – running is a progression of walking that involves a weightless phase of flight



LEVEL
1

traveling

hop

- balance on one foot
- spring up and out
- land soft on the same foot

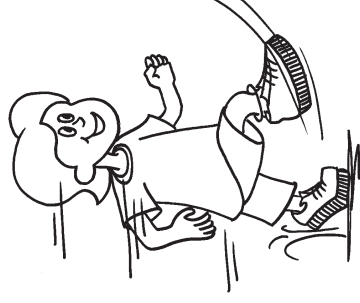


LEVEL
1

traveling

skip

- face forward
- step-hop – skipping is a series of step-hop, step-hop movements while alternating the feet
- step-hop
- swing your arms



LEVEL
1

traveling

jump

- stand with feet shoulder width apart
- squat and swing arms back
- take-off – push feet off the ground and swing arms forward
- land soft on balls of feet – jumping involves both feet either on take off or landing



LEVEL
1

traveling

push up

- palms of hands flat on floor with arms extended
- knees bent (or legs extended)
- maintain a straight back
- bend arms to lower chest toward the ground
- return to start

LEVEL
1

strength

sit-up

- lie flat on back
- knees bent
- extend arms to side
- sit up bring chest toward the knees
- return to starting position

LEVEL
1

strength

bicep curl

- stand (or in a seated position) with arms by each side
- tummy held tight
- keep the elbow stationary and bend the arms up toward shoulder
- lower the arm to starting position
- repeat

LEVEL
1

strength

wall sit

- stand with back to the wall
- slide down the wall until knees are bent in sitting position
- hold position for 10- to 30 seconds
- return to standing

LEVEL
1

strength

squat

- stand with feet shoulder width apart
- lower bottom and bend at knees to a 90 degree angle
- return to standing

fly trap

- lie flat on back
- extend arms and legs out
- raise arms and legs
- touch fingers to feet (make a 'V')
- return to starting position

LEVEL
1

strength

fast claps

- face forward with shoulders back
- clap hands as fast as possible
- vary location of hands: above head, under knees, to one hip
- vary the size: tiny, small, large



heart

scissors

- standing position
- jump vertically
- land with one leg forward and one leg back
- jump and switch legs



heart

high knees

- march in place
- knees up to waist height
- touch hands to the top of the thighs



heart

jump rope

- you know what to do!



heart

fast toes

- standing position, move to tips of toes
- jog in place, landing on tips of toes



heart

windmills

- stand with feet shoulder width apart with arms extended
- Bend at waist and touch right hand to left toe
- Return to upright
- Repeat and touch left hand to right toe



heart

**shake like
a dog**



just for fun



the worm

just for fun



just for fun

popcorn

airplane



just for fun

hula



just for fun

the twist



just for fun

LEVEL 1

create your own

LEVEL 1

create your own

LEVEL 1

create your own

LEVEL 1

create your own

LEVEL 1

create your own

LEVEL 1

create your own

reverse triangle

- standing position with feet shoulder width apart
- step out to the side with right foot
- point right toes outward
- raise arms to shoulder height
- twist and bend at the waist to touch left hand to right foot
- look at the ceiling

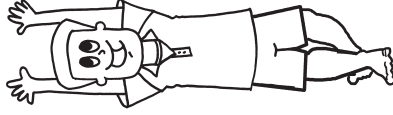


LEVEL 2

yoga

eagle

- mountain pose
- shift weight to one foot
- wrap non-weight bearing foot around the calf of opposite leg
- arms above head and bring hands together



LEVEL 2

yoga

up dog

- lie on belly with knees, chest and chin on the floor
- place hands under shoulders
- lift chest and extend the arms, keeping palm on the floor
- look forward

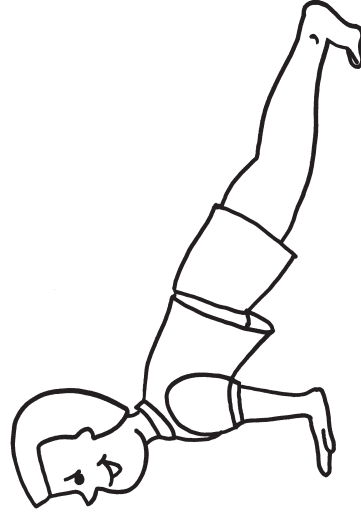


LEVEL 2

yoga

plank

- push up position – palms flat on floor with arms and legs extended
- tighten tummy and hold

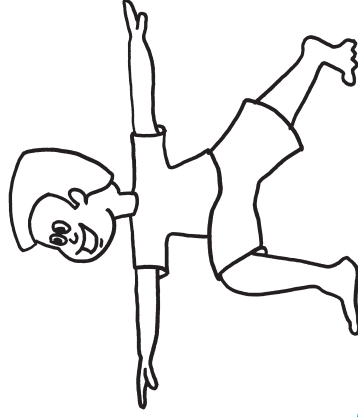


LEVEL 2

yoga

proud warrior

- mountain pose
- step out to the side with the right foot
- point right foot out
- turn hips and head toward the right foot
- raise arms to shoulder height

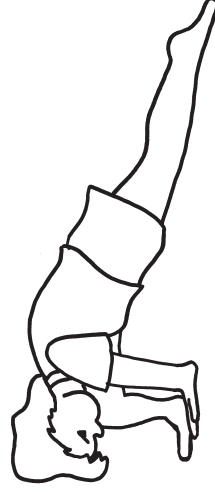


LEVEL 2

yoga

lunge

- mountain pose
- standing forward bend with hands on the floor
- place right foot in between the hands
- extend the left leg back
- look forward and breathe
- repeat on opposite side



LEVEL 2

yoga

leap

- walk
- jump forward and land on one foot
- jump forward and land on the opposite foot



LEVEL
2

traveling

wild card

LEVEL
2

traveling

crab crawl

- sit on floor with legs slightly bent
- place hands on the ground by the hips
- raise the core body
- move right and left foot forward
- repeat with left hand and right foot moving forward

LEVEL
2

traveling

wild card

LEVEL
2

traveling

bear walk

- palms of hands and feet on the floor
- look toward the floor and drop head slightly
- raise bottom toward the ceiling
- move right hand and left foot forward
- repeat with left hand and right foot moving forward

LEVEL
2

traveling

wild card

LEVEL
2

traveling

tripod

- pushup position
- remove one hand from floor and put that arm along side of body
- support body with one arm and two legs
- hold
- switch hands

LEVEL
2

strength

shoulder O's

- standing position
- extend arms to make a 'T' shape
- moving from the shoulders, draw imaginary circles

sit up with bicycle legs

- lie flat on back with knees up in a table top position
- clasp hands behind the head
- sit up - bring right elbow toward the left knee
- bring left elbow to the right knee
- repeat

LEVEL
2

strength

bridge

- lie flat on back with feet flat and drawn up near the bottom
- extend arms up
- bend elbows and place palms on the floor next to the ears
- push the core body up
- look at the hands

LEVEL
2

strength

spades

- palms of hands on the floor under the chest with thumbs touching to form a diamond shape
- knees bent
- lower chest to the floor
- return to starting position

LEVEL
2

strength

crane

- standing position with feet shoulder width apart
- palms touching in front of chest
- bend knees to a low squat
- place hands flat on ground in between the feet
- shift body weight to hands
- slowly raise one or both feet off the ground

LEVEL
2

strength

jack & jills

- standing position
- jump vertically
- land with feet shoulder width apart and arms extend above the head
- return to standing position

LEVEL 2

heart

squat jumps

- standing position
- bend knees to a squat position
- jump vertically
- return to standing position

LEVEL 2

heart

star jumps

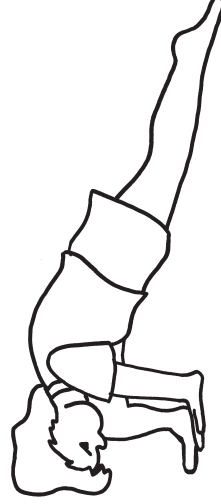
- standing position
- bend knees to a squat position
- jump vertically
- extend legs to the sides and extend arms to make a 'T' shape
- return to standing position

LEVEL 2

heart

traveling lunges

- walk
- perform a lunge with each step



LEVEL 2

heart

high knees

- march in place
- knees up to waist height
- touch hands to the top of the thighs

LEVEL 2

heart

burpees

- standing position
- bend knees to a squat position with hands in front
- extend legs back to push up position
- return to a squat
- return to standing position

LEVEL 2

heart

the robot



just for fun



just for fun

moonwalk



just for fun

**leap
frog**

Superman



just for fun

surf



just for fun

dance



just for fun

LEVEL 2

create your own

LEVEL 2

create your own

LEVEL 2

create your own

LEVEL 2

create your own

LEVEL 2

create your own

LEVEL 2

create your own