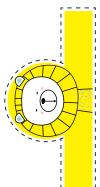
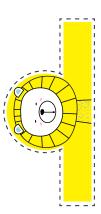
Staycation Stay Active Survival

#Together

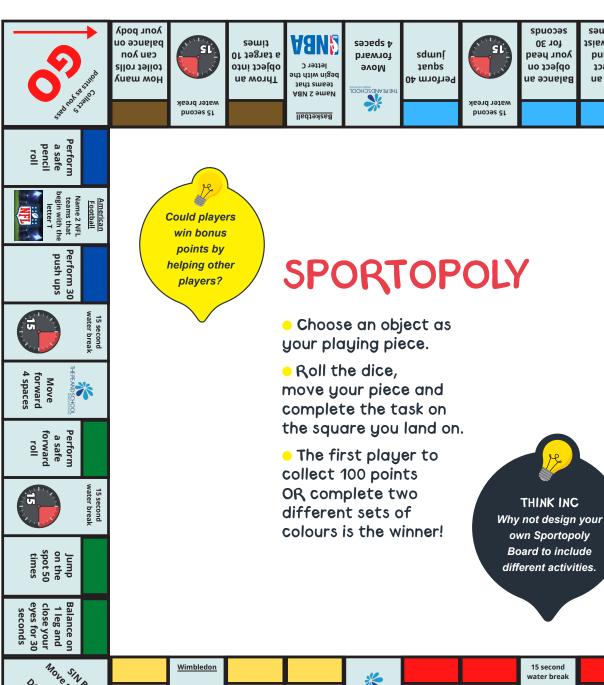
Cut out and make your own playing pieces:













Perform 40

star

jumps

Name 2 male and 2 female tennis players in 40 seconds

Balance on 1 leg for 60 seconds

30 sit ups

forward 4 spaces

times



Create and perform a minute dance

25 times

your waist

around

object

Pass an

Perform a 1 foot to 2 feet jump

Keep a balloon in the air for 60 seconds

Perform 3 different types of jumps

spuoses

10r 30

your head

object on

Balance an



Perform

E PE AND SCHOOL SHORT ME TWO Move

Jump side Perform a to side ove 2 feet to 1 a pillow 40 foot jump

15 second water break

THINK INC



routine

