Run in place for a count of 30.
Jog around the play area.
Do 30 scissor jumps.
Complete 30 standing ab twists.
Complete 20 high knees.
Jump as high as you can 5 times.
Pick an open spot and jump as far as you can.
High five someone not in your group.
Complete 10 arm circles.
Complete 20 mountain climbers.
Complete 10 squats.
Hold plank position for 15 seconds.
Touch a wall and run back to your group.
Tell your teacher today's objective then run back to your group.
Complete 8 jumping jacks.
Do a dance move of your choice (ex. flossing) for 10 seconds.
Find someone to play rocks, paper, scissors with. If you lose do 10 jumping jacks.
Crab walk back to your group.
Hop like a bunny back to your group.
Jump like a frog back to your group.
Bear crawl back to your group.
Hold chair pose for 10 seconds.
Hold seated forward bend pose for 10 seconds.
Hold mountain pose for 10 seconds.
Hold boat pose (as best you can) for 10 seconds.