

Healthy Hawks

Summer Fun

You do not need equipment for the exercises. You will use your body and imagination to complete each activity.

Reps	Description of Exercise or Activity
10	HOPSCOTCH - Pretend your kitchen floor is a hopscotch game. Hop the course and then repeat 10 times
10	SPRINKLER TIME - Pretend there is a sprinkler in your living room; Run 5 steps and jump through the water; Repeat 10 times
10	CRAB WALK - Pretend your bedroom is the beach; Crab walk around the room 10 times
10	WATERMELON SMASH - Bend down low and pretend to pick up a very heavy watermelon; lift it up over your head; then use your muscles to throw it at the floor and smash it; Repeat 10 times
10	TRAMPOLINE - Bounce as high as you can 10 times