

# Healthy Hawks

## Round Up!

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	HOOP IT UP - Pretend to hula hoop
10	LASSO TIME - Extend right arm over your head, pretend to swing a lasso three times in a circular motion, then throw your lasso out to catch someone in your family; Repeat with left arm and continue alternating arms 5 times each
5	AROUND THE ROOM - Form a circle with your arms by putting them up over your head with fingers locked; Tiptoe in a large circle around the room
10	ARM CIRCLES - Arms out to the side, elbows straight, 10 small arm circles forward and 10 backward
10	ROUND OF APPLAUSE - Clap in a circular motion in front of your body; Alternate between clockwise and counterclockwise