

Healthy Hawks

Standing Exercises - Sports

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	HOMERUN! - Swing a baseball bat and hit a homerun, then jump three times on home plate
10	GOAL! - Jump and pretend to hit a soccer ball with your head, raise your left leg then your right leg to hit the ball with your knees, then kick a goal
10	TOUCHDOWN! - Point to someone, pretend to throw him/her a touchdown, then do a little end zone dance
10	ACE! - Pretend to hold a volleyball on your non-dominant hand, then underhand or overhand serve it with your dominant hand
10	BASKET! - Dribble, dribble, dribble, shoot a jump shot