

# Healthy Hawks

## Memorial Day 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	FLYING FLAG - Extend your arms straight out with one fist stacked on top of the other as if you are holding a flag pole; Fly your flag by moving your arms side to side 10 times; Switch hands so your other fist is on top and repeat
10	STAR JUMPS - Crouch down by bending your knees slightly and put your hands down by your knees; jump and spread your arms and legs out to make a star shape; land gently; Repeat 10 times
1	MARCHING BAND - March 10 steps; clap the band cymbals 10 times; march 10 steps; bang on the snare drum 10 times; march 10 steps; slide the trombone 10 times; march 10 steps; hit the sides of the bass drum 10 times; march 10 times
5	<u>R</u> ED, <u>W</u> HITE, <u>B</u> LUE - <u>R</u> is for run in place (10 seconds); <u>W</u> is for wall sits (10 seconds); <u>B</u> is for bicycles (10 seconds); Repeat R, W, B routine 5 times
10	EAGLE FLIGHT - Arms out like eagle wings; "fly" around your house 10 times at a safe pace