

Healthy Hawks

Stand 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	JUMP UP! - Start in your seat; Stand up, jump, and then sit back down; Repeat 10 times
10	WINDMILL - Start with feet spread apart and arms straight out to the sides; Keeping knees straight, bend at the waist to touch right hand to left foot, stand back up with arms straight out, then touch left hand to right foot
10	STAND TALL - Arms straight up; Balance on your right foot for 10 seconds; Switch and balance on your left foot for 10 seconds
10	LADDER CLIMB - Pretend to climb a ladder by lifting opposite arm and leg; climb 10 each leg
10	TIME FOR CLAPS - Clap twice over your right shoulder, clap twice over your left shoulder, clap twice next to your right knee, and clap twice next to your left knee