

ACTIVITY CARD

The Cupid Shuffle

Dynamic Warm-up Dance

Music by DJ Cupid [[iTunes Link](#)]

Music Cue	Movement
To the Right	Side-step to the R 4 times, stepping on the beat. (Counts 1-&2-&3-&4-&)
To the Left	Side-step to the L 4 times, stepping to the beat. (Counts 5-&6-&7-&8-&)
Now Kick	Touch the R heel out to the front and then step the R foot back in. (Counts 1-&) Touch the L heel out to the front and then step the L foot back in. (Counts 2-&) Repeat to the R. (Counts 3-&) Repeat to the L. (Counts 4-&)
Now Walk It By Yourself	Take 8 small steps in place while turning ¼ turn to face the next wall. (Counts 5-&6-&7-&8-&)

Health-Related Fitness Challenge: Cardiorespiratory Endurance

Music Cue	Movement
To the Right	Lateral jump to the R 4 times, jumping on the beat. (Counts 1-&2-&3-&4-&)
To the Left	Lateral jump to the L 4 times, jumping to the beat. (Counts 5-&6-&7-&8-&)
Now Kick	Perform high knees R and then L. Repeat 4 times. (Counts 1-&2-&3-&4-&)
Now Walk It By Yourself	Take 4 shallow squats in place while turning ¼ turn to face the next wall. (Counts 5-&6-&7-&8-&)

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Health-Related Fitness Challenge: Muscular Strength and Endurance

Music Cue	Movement
To the Right	In a plank position, walk hands and feet to the R. (Counts 1-&2-&3-&4-&)
To the Left	In a plank position, walk hands and feet to the L. (Counts 5-&6-&7-&8-&)
Now Kick	Perform mountain climbers 4 times each leg. (Counts 1-&2-&3-&4-&)
Now Walk It By Yourself	Perform 4 push-ups while turning a ¼ turn to face the next wall. (Counts 5-&6-&7-&8-&)