Go to a station. Stay in your personal space to complete the JACK-o-lantern activity. [Activity demo on YouTube]

When the music starts, start the activity. When it stops, move to a new station.

10 Plank Jacks

Darebee Video Link: https://darebee.com/exercises/plank-jacks.html
TRICK OR TREAT STATION 2

Go to a station. Stay in your personal space to complete the JACK-o-lantern activity. [Activity demo on YouTube]

When the music starts, start the activity. When it stops, move to a new station.

15 March
Jacks

Darebee Video Link: https://darebee.com/exercises/march-jacks.html
TRICK OR TREAT STATION 3

Go to a station. Stay in your personal space to complete the JACK-o-lantern activity. [Activity demo on YouTube]

When the music starts, start the activity. When it stops, move to a new station.

20 Side Jacks

Darebee Video Link: https://darebee.com/exercises/side-jacks.html
TRICK OR TREAT STATION 4

Go to a station. Stay in your personal space to complete the JACK-o-lantern activity. [Activity demo on YouTube]

When the music starts, start the activity. When it stops, move to a new station.

20 Split Jacks

Darebee Video Link: https://darebee.com/exercises/split-jacks.html
TRICK OR TREAT STATION 5

Go to a station. Stay in your personal space to complete the JACK-o-lantern activity. [Activity demo on YouTube]

When the music starts, start the activity. When it stops, move to a new station.

20 Half Jacks

Darebee Video Link: https://darebee.com/exercises/half-jacks.html
TRICK OR TREAT STATION 6

Go to a station. Stay in your personal space to complete the JACK-o-lantern activity. [Activity demo on YouTube]

When the music starts, start the activity. When it stops, move to a new station.

25 Step Jacks

Darebee Video Link: https://darebee.com/exercises/step-jacks.html