



Statement of Encouragement

Create your own statement or use the statement below.

Your effort and enthusiasm are pushing you toward your goals!

SIDE SQUAT STEPS

Walk to the next cone marker by taking side squat steps. Stay balanced, push your glutes back, keep your knees over your toes.



**RISING
NEW YORK
ROAD RUNNERS**





Statement of Encouragement

Create your own statement or use the statement below.

Mistakes are lessons you learn on the way to success!

FRONT LUNGE STEPS

Walk to the next cone marker by taking front lunge steps. Long stride in balanced alignment, back knee down, front knee directly above your foot.



**RISING
NEW YORK
ROAD RUNNERS**





Statement of Encouragement

Create your own statement or use the statement below.

Hard work creates heroes!

**HIGH
SKIP
STEPS**

Skip to the next cone marker by using giant skips, pushing as high as you can go. Step-hop, swing arms, and drive up as high as you can.



**RISING
NEW YORK
ROAD RUNNERS**





Statement of Encouragement

Create your own statement or use the statement below.

Today is better day because you're here!

Zombie Kick Walks

Zombie walk to the next cone. Swing step, bringing leg and foot up to touch toe with same side hand. Alternate swing steps.



**RISING
NEW YORK
ROAD RUNNERS**





Statement of Encouragement

Create your own statement or use the statement below.

Your unique greatness is important for our school community!

Chest Expansions

Stand tall. Feet shoulder-width apart. Arms straight in front of chest with hands together. Open arms wide like you're giving the world a giant hug. Then, clap hands in front. Repeat at a smooth and steady pace.



**RISING
NEW YORK
ROAD RUNNERS**





Statement of Encouragement

Create your own statement or use the statement below.

Your effort and attitude inspire me to be the best person I can be!

**SEAL
JACKS**

Arms are performing Chest Expansions while feet are performing a jumping-jack pattern. Feet apart, hands together. Feet together, arms apart.



**RISING
NEW YORK
ROAD RUNNERS**

