

Create your own statement or use the statement below. Your effort and enthusiasm are pushing you toward your goals!



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







Create your own statement or use the statement below. Mistakes are lessons you learn on the way to success!



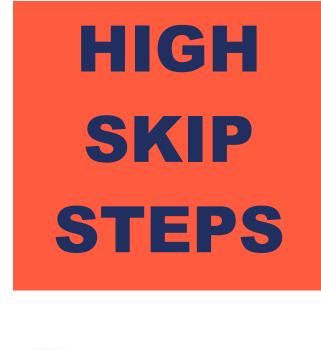
Walk to the next cone marker by taking front lunge steps. Long stride in balanced alignment, back knee down, front knee directly above your foot.







Create your own statement or use the statement below. Hard work creates heroes!



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.







Create your own statement or use the statement below. Today is better day because you're here!



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







Create your own statement or use the statement below.

Your unique greatness is important for our school community!

Chest Expansions

Stand tall. Feet shoulderwidth 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.







Create your own statement or use the statement below.

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



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



