

1. Walk & touch 10 polypots—quad stretch 10 sec/leg
2. Jog & touch 9 polypots—9 jumping jacks
3. Slide and touch 8 polypots—8 hops on one foot
4. Gallop & touch 7 polypots—jump & twist 7 times
5. Skip and touch 6 polypots—6 wall push ups
6. Grapevine & touch 5 polypots—5 squats
7. Tip toe walk and touch 4 polypots—4 lunges each leg
8. Heel walk & touch 3 polypots—write 1st name with left foot
9. Leap & touch 2 polypots—2 jump tucks
10. Walk & touch 1 polypots—hamstring stretch 10 sec/leg

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