

1

2

3

4

5

6

7

8

9

10

11

12

Say our
memory
verse
loudly

Touch your
toes three
times as
fast as you
can

Do five
fast
jumping
jacks

Shake hands
with as many
people as you
can in 15
seconds

Turn around
five times
as fast as
you can

Hop six
times on
one foot

Pat your
head 7
times as
fast as you

Give as
many high
fives as you
can in 20
seconds

Jump as
high as
you can
six times

Clap your
hands three
times loudly
and three
times softly

Jog in place
as fast as
you can for
10 seconds

Pick one
song and
sing it with
the whole
class