



## Warm-Up

Exercise	Reps/Distance
GAME (10 Minutes)	
<b><u>Movement Series (Jog Back; 3x Through)</u></b>	
Butt Kickers	
High Knee Skip	
Forward Bear Crawl	
Lateral Crossover Skip	
Backward Bear Crawl	
Side Shuffle Repeats	
Forward Crab Walk	
Forward Pogo Hops	

## Game Options

Sharks and Minnows  
Freeze Tag  
Circle Tag  
Crab Walk Soccer  
Crab Walk Handball (Target on Wall for score)