







# Roll, Read, & Move!

For active moves, do each move 5 times. For static moves, hold for 5 seconds.

					
<ul style="list-style-type: none"><li>○ Arm spins</li><li>○ Touch your toes</li><li>○ Side bend</li></ul>	<ul style="list-style-type: none"><li>○ Downward dog</li><li>○ Tree pose</li><li>○ Plank</li></ul>	<ul style="list-style-type: none"><li>○ Push ups</li><li>○ Sit ups</li><li>○ Superhero</li></ul>	<ul style="list-style-type: none"><li>○ Bear Walk</li><li>○ Crab Walk</li><li>○ Frog Jump</li></ul>	<ul style="list-style-type: none"><li>○ Squats</li><li>○ High Kicks</li><li>○ Run in Place</li></ul>	<ul style="list-style-type: none"><li>○ Jumping Jacks</li><li>○ Skip</li><li>○ Star Jump</li></ul>

## Home Learning

Literacy

### Move Descriptions

**Downward dog:** hands flat on the floor with straight arms, feet on the floor with straight legs, bum in the air

**Tree pose:** stand on one foot, place the other foot on the opposite knee

**Plank:** hold body in the push up position

**Superhero:** lie on your stomach, lift arms straight out while simultaneously lifting legs straight out

**Bear walk:** walk on hands and feet with bum in the air

**Crab walk:** walk on hands and feet with stomach in the air

**Frog jump:** squat like a frog and jump

**Star jump:** start with feet together, jump spreading legs and arms in the air

