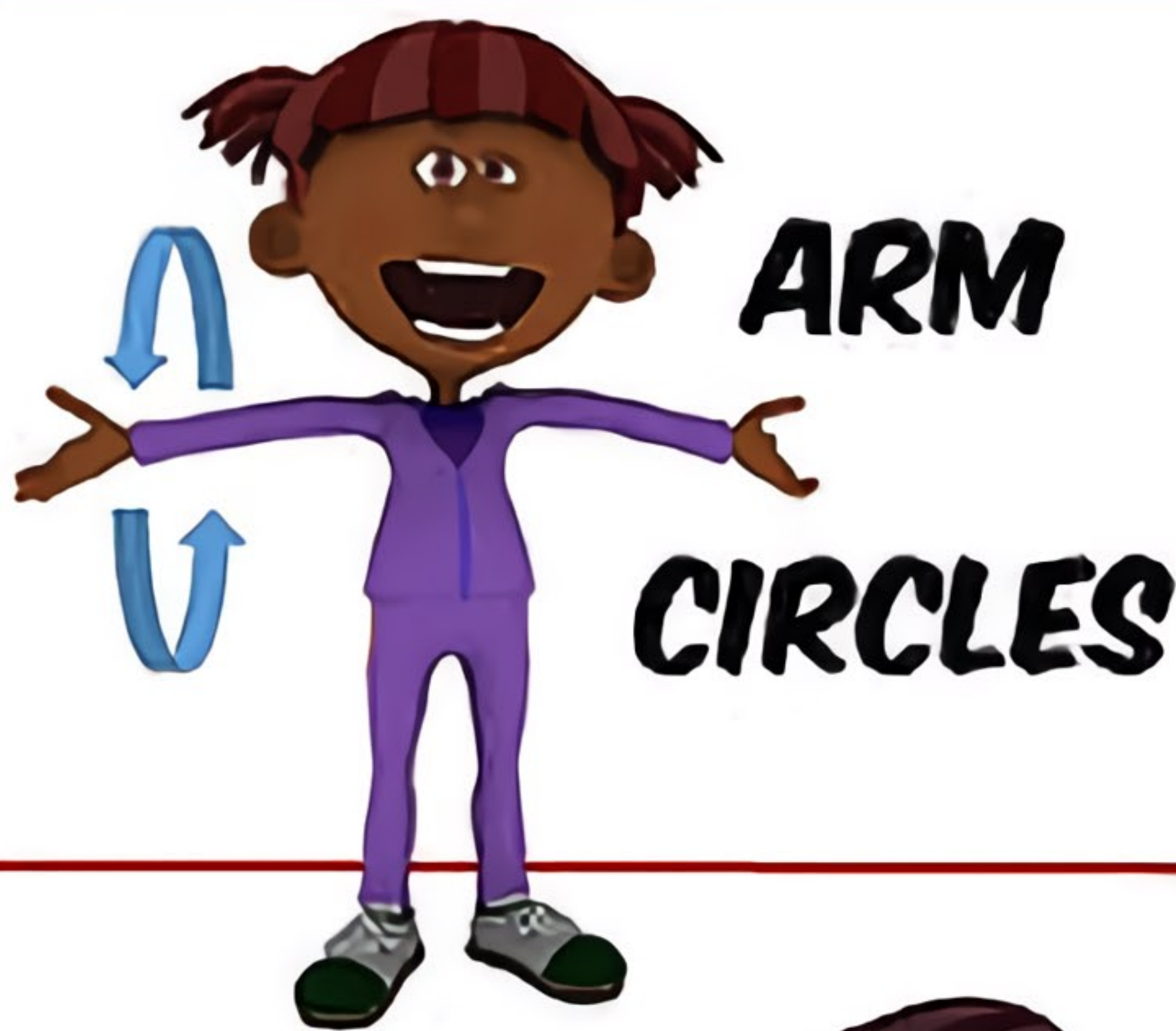


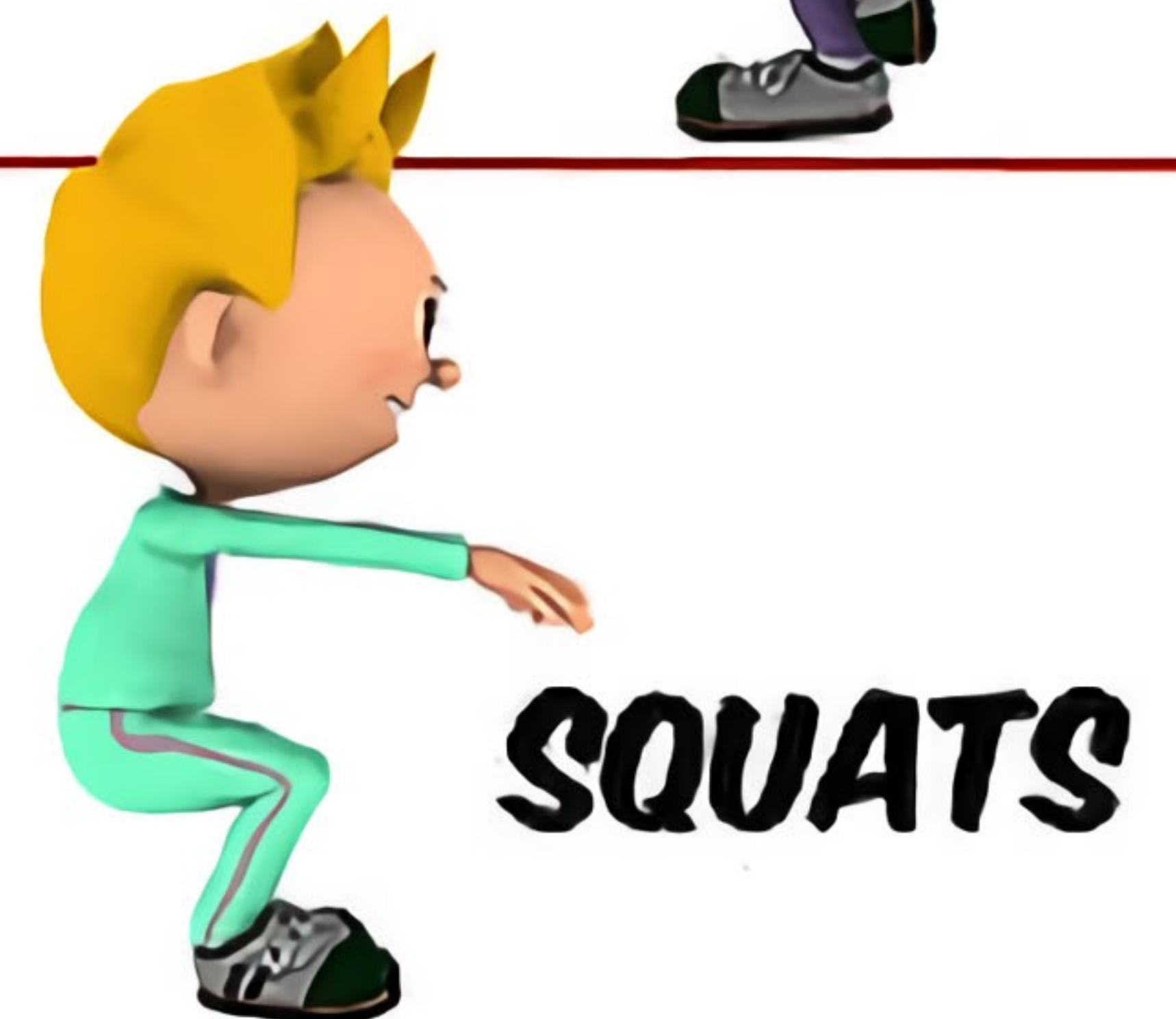
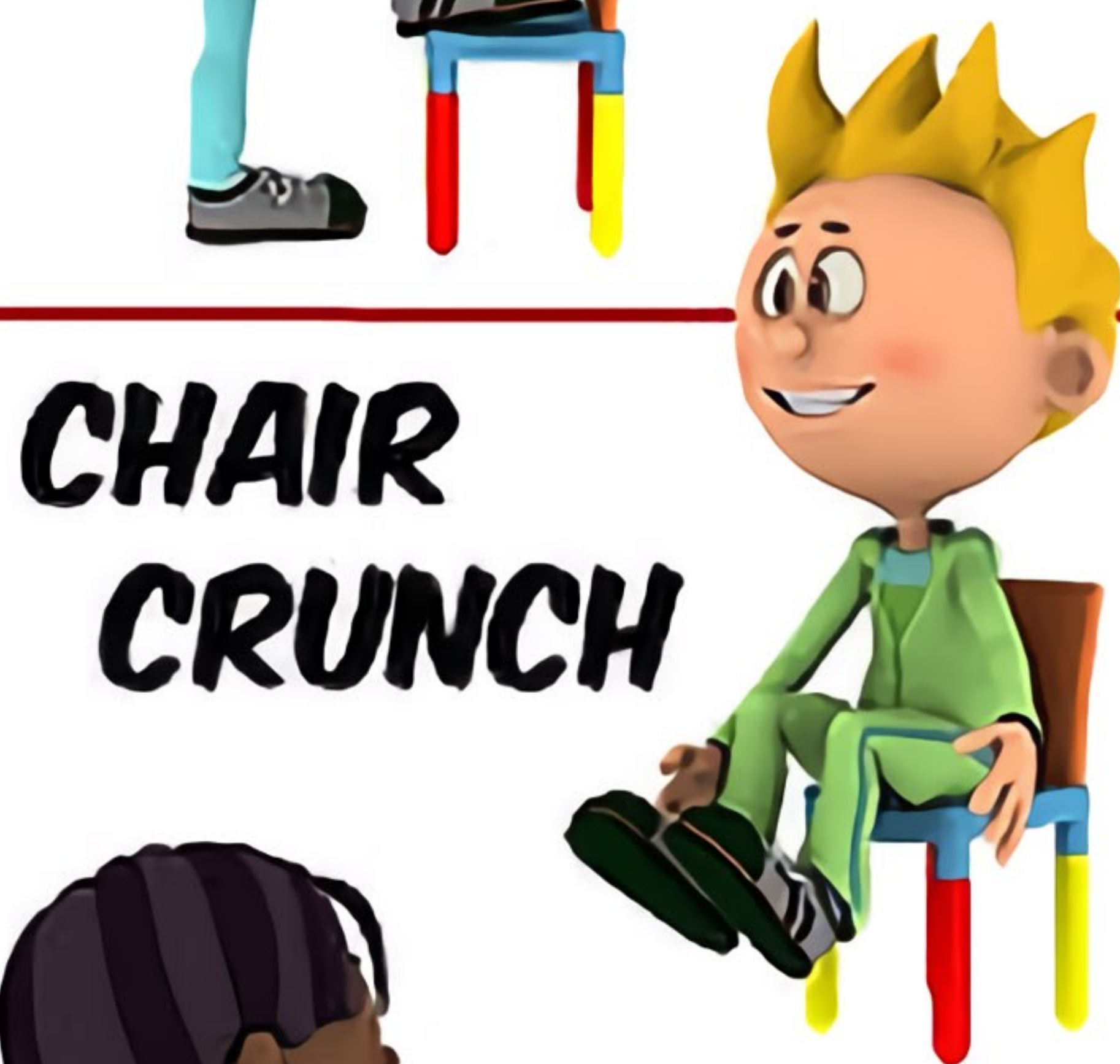
# HEALTHY MOVEMENTS FOR THE CLASSROOM



**HEEL  
TAPS**



**CHAIR  
KICKS**



**P.E. National Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.**