

**Arm
Circles**

**Toe
Touches**

**YOUR
CHOICE!**

**Bear
Crawls**

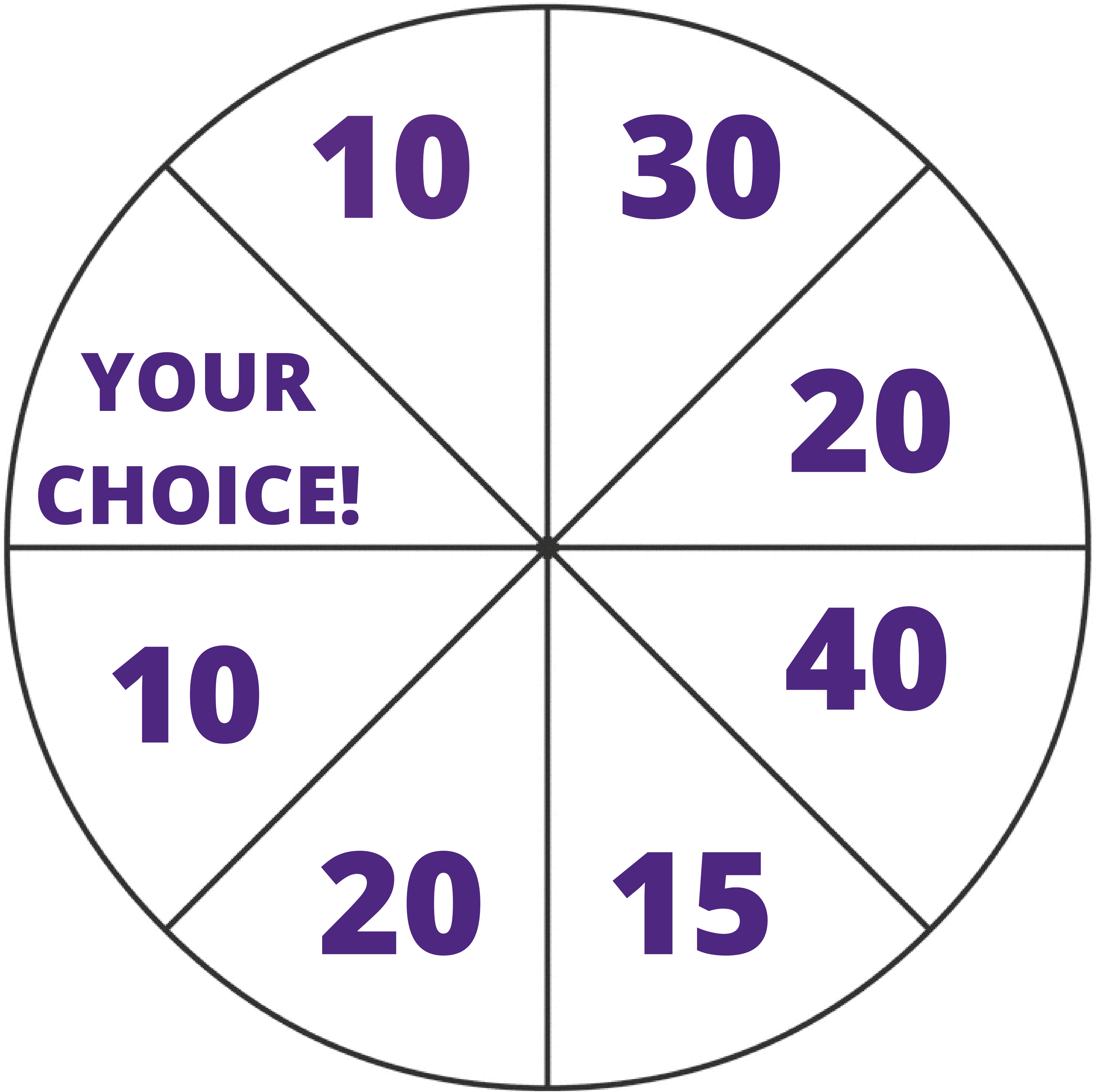
**Jumping
Jacks**

**Shoulder
Rolls**

**High
Knees**

**Star
Jumps**





How to Play

- Cut out and assemble each spinner
- Spin the first wheel to select an activity
- Spin the second wheel to select the amount of times each activity will be completed
- **Have fun!**