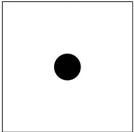
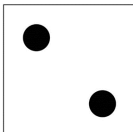
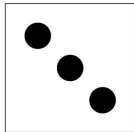
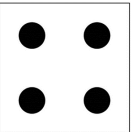
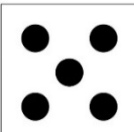
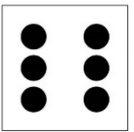
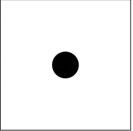
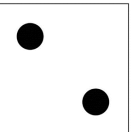
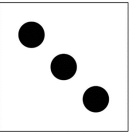
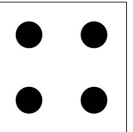
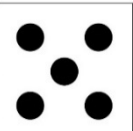
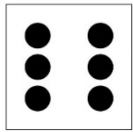


# ROLL AND MOVE WINTER GAME

						
	Run (in place) through the snow x30 seconds	Balance on one leg x30 seconds	High marches over the snow drifts x30	Squats x5	Winter bunny hops x15	Forward arm circles x15
	Tip toe walk x30 Seconds	Heel walk x30 seconds	Right foot bunny hops x10	Jumping jacks x20	Left foot bunny hops x10	Lunges x15
	Backward arm circles x15	Fox tail chases - Spin x10	Twist x15	Gallop like a reindeer x20 seconds	Touch your toes and hold for x10 seconds	Silly dance x30 seconds
	Up and down on your toes x20	Up and down on your heels x20	Side to side reindeer leaps x15	Forward, backward jumps in the snow x15	Skip through the field of snow x20 seconds	Wall push-ups x15
	Sidesteps x20 seconds	Backward walk x20 seconds	Reindeer jumps x15	Crisscross jumps x15	Clap, snap, spin x15	Body wiggles x30 seconds
	Shoulder blade squeeze x20	Arm flaps x20	Shoulder circles x20	Climb the toboggan hill in place x20 seconds	Floor touches x20	Sky touches x20