

54 Ways to Get up and Move!

1. Pretend to climb 20 stairs
2. Jog in place for 30 seconds
3. Pretend to shoot a basketball 20 times
4. Hop on your right leg for 30 seconds
5. Hop on your left leg for 30 seconds
6. Climb a ladder with 20 rungs
7. Do 10 forward arm circles
8. Do 10 backward arm circles
9. Do 20 jumping jacks as fast as you can
10. Balance on each leg for 20 seconds
11. Pretend to jump rope for 30 seconds
12. Do 10 calf raises
13. Jump over a pencil or line 20 times
14. Do 20 high knees
15. Do 30 jumping jacks as fast as you can
16. Do 10 push ups
17. Jump in place 20 times
18. Do 10 Frog Hops around the room
19. Do 10 squats
20. Do 15 push-ups
21. Do 10 sit-ups
22. Give 10 jumping high fives to a friend
23. Touch your opposite knee to elbow 20 times
24. Reach to the sky and stretch for 20 seconds
25. Jog in place 60 seconds
26. Do 10 butt kicks
27. Lie on the floor and make 10 snow angels
28. Do 1 lap around the room on your tip toes
29. Do a wall sit for 60 seconds
30. Lie on your back and a bike for 30 seconds
31. Pretend to jump rope for 60 seconds
32. Balance on your left leg like a tree for 30 seconds
33. Balance on your right leg like a tree for 30 seconds
34. Do 25 calf raises
35. Pretend to throw a ball 25 times
36. Pretend to kick 20 goals
37. Do 20 karate chops and kicks
38. Pretend to hit 10 homeruns
39. Do 50 jumping jacks as fast as you can
40. Pretend to paddle a canoe for 30 seconds
41. Write your name in the air with both arms
42. Write your name in the air with both feet
43. March in place for 45 seconds
44. Dance for 30 seconds
45. Walk fast and touch 5 red things
46. Do a side lunge left for 20 seconds
47. Do a side lunge right for 20 seconds
48. Swim for 30 seconds
49. Walk fast and touch 5 green things
50. Do a plank position for 30 seconds
51. Side step and count to 20
52. Do 5 lunges on each leg
53. Sit down and stand up 10 times
54. Pretend to bowl a strike 10 times

