



Kick up to a wall and hold your handstand for 15 seconds. Are you pointing your toes?!

Bunny hop (in place or around the house) for 1 minute with your hands on your hips

Find a funny spot to do a push up/plank hold for 15 seconds

Go up and down on releve (tip toe) 30 times **Bonus - hang your heels off the edge of a step for extra difficulty!

See how many cartwheels you can do without wobbles **Try it on a beam or a tape line for a challenge!

Do 25 arm circles forwards and 25 arm circles backwards

Lift up and fly in a "Superman Arch" for 20 seconds

Go outside and splash in the puddles

Try 10 bridge kickovers or back walkovers (make sure Mom or Dad say it's ok). Use a couch or mat to put your feet on if you can't quite do it from the floor.

Jump rope 100 times!

JOURNAL: How long did this take you? How many times did you do it?! Was it fun?!

Or DRAW a picture!