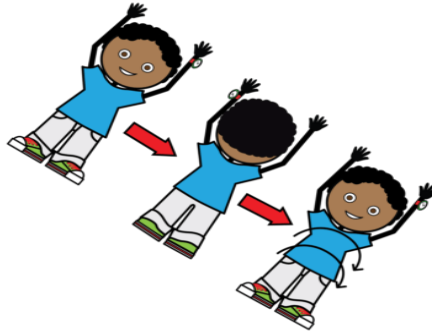


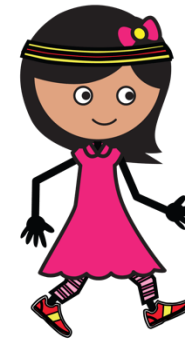
Gross Motor Skills Choice Board: Pick 3 exercises each day.



Do 10 star jumps.



Do 5 pencil/log rolls.



Jog on the spot for 1 min.



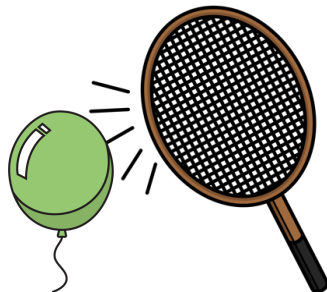
Do 20 wall presses.



Do 10 high kicks.



Throw and catch a ball.



Play balloon tennis.



Do 10 spins each way.



Do 20 pillow punches.