## Movement Games Handout

### Movement Box Ideas
- 10 high knees
- Hop on 1 foot for 10 seconds
- 10 arm circles
- Run in place for 10 seconds
- 10 jumping jacks
- 5 push ups

### Card Activity Ideas
- Kings = Kick Legs
- Queens = Quick Feet
- Jacks = Jumping Jacks
- Aces = Arm Circles
- 2 = Your Choice!

### Dice Activity Ideas
- 2 = High Knees
- 3 = Run in Place
- 4 = Balance on 1 Foot
- 5 = Push Ups
- 6 = Jumping Jacks
- 7 = Take a Break
- 8 = Mountain Climbers
- 9 = Lunges
- 10 = Hop on 1 Foot
- 11 = High Jumps
- 12 = Your Choice!

### Animal Walks Ideas
- Bear
- Frog
- Octopus
- Bird
- Dog
- Crab
- Dinosaur
- Snake
- Cat