

action 1, 2, 3 cards

Somersault

Wiggle

Hop on one foot

Backwards
somersault



action 1, 2, 3 cards

Kick the ball

Tuck jump

Run in place

Clap your hands



action 1, 2, 3 cards

Clap your feet

Crab walk

Jumping jacks

Roll over



action 1, 2, 3 cards

Catch the ball

Flap your wings

Give someone a
hug

Swim



action 1, 2, 3 cards

March around
the room

Spin around

Kick and catch
the ball

Dance

