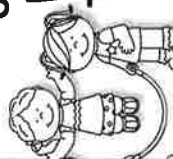
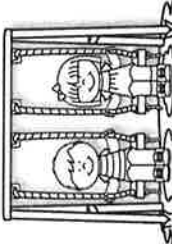
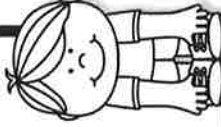

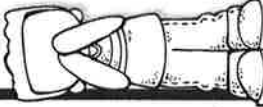






Winter Break Workout

Parent Signature: _____

Name: _____

<p>learn a new jump rope trick</p> 	<p>play on the swings</p> 	<p>go for a bike ride</p>	<p>practice tying your shoes</p> 
<p>20 sit-ups</p> 	<p>play tag outside</p>	<p>army crawl outside</p>	<p>play hide and seek</p> 
<p>20 jumping jacks</p> 	<p>20 push-ups</p> 	<p>pick up all your toys & put them away</p>	<p>color or paint a picture</p>
<p>make hot cocoa</p> 	<p>go swimming</p>	<p>go down the slide 10 times</p> 	<p>hop in place for 2 min.</p>

Have fun with fitness over break. Return this sheet after break with 4-in-a-row to earn a fun prize!

