* Roll the Die/Dice

Roll a die/dice and complete the activity. You can do it with a partner or on your own. You can do it as many times as you like. If you don’t have a dice, you could write numbers on scrap paper and choose one each time.

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| 1. 10 Jumping Jacks Child Jumping Jacks Images, Stock Photos & Vectors | Shutterstock
2. 10 Push-ups File:Man Doing Push Ups Cartoon.svg - Wikimedia Commons
3. 10 Sit ups Young Man Doing Sit Ups, Sport Exercises, Training In Gym, Cartoon ...
4. Jog on the spot for 10 seconds
5. Jump on the spot for 10 seconds
6. Touch your toes 10 times
 |

* Cosmic Kids Yoga – Pokemon theme

<https://www.youtube.com/watch?v=tbCjkPlsaes>