

Twelve Days of Fitness

Act out the following song!

On the first day of fitness, Miss _____
gave to me.

- 12 Jumping Jacks
- 11 Raise the Roofs
- 10 Knee Lifts
- 9 Side Stretches
- 8 Jogs in Place
- 7 Jabs and Punches
- 6 Kicks to the front
- 5 Hula Hoops
- 4 Jump Ropes
- 3 Muscles Poses
- 2 Scissors
- 1 Stork Standing
in a Pear Tree

