Character-Education Puzzle

Exercise Activity Chart

1. Rope jump

2. Push-up

3. Sit-up

4. Jumping jack

5. Squat thrust or burpee

6. Squat jump

7. Side lunge

8. Forward lunge (alternatingsides)

9. Inchworm

10. Starter exercise

11. Cone weave

12. Width-of-gym sprint

13. Layup

14. Gym scooter width of gym (prone)

15. Cone-to-cone bear walk

16. Arm circle (in both directions)

17. Windmill

18. Calf raise

19. Long jump

20. Tuck jump