**K-2 Fitness Warm Up**



1. **Skip (1 min)**
   1. Freeze
2. **Gallop (1 min)**
   1. Freeze
   2. Touch Toes
   3. Arms over head/lean right/lean left
3. **Slide (1 min)**
   1. Freeze
   2. Butterflies/R Leg in L leg out/L leg in R leg out
4. **Hop on 1 foot 5 time with R/L**
   1. Freeze
   2. Balance on L/R
5. **Cherry Pickers**
   1. Freeze
   2. Push up wave with R/L hand
   3. Push up wave with R/L foot
6. **Jog**
   1. Freeze
   2. Sit up 5 times with arms over head to touch toes
   3. Stand up with no hands
7. **Walking Arm Circles**
   1. Freeze
   2. R arm over L/L arm over R
   3. R arm over head/L arm over head
   4. Shake it out