

# SPOOKY EXERCISES

Hang up this sheet in your classroom. At random moments throughout the day, call out an exercise for your students to complete.



## COBWEB SHIMMY

Shake off the cobwebs!  
Dance in place for 1 minute.

## BAT WINGS

Flap your arms for 1 minute.

## ZOMBIE WALK

Raise your arms and walk in place like a zombie for 1 minute.

## JACK-O-LANTERN JUMPS

Do 10 jumping jacks!

## GHOST DODGE

Do 10 squats to dodge flying ghosts!

## SKELETON DANCE

Touch your head, shoulders, knees, and toes 10 times!

## LEAPING TOAD

Jump in place 10 times!

