POOKY 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!



Do 10 squats to dodge flying ghosts!

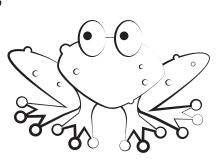


### SKELETON DANCE

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



Jump in place 10 times!





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