

How to Use These Cards

These cards may be used as warm-up ideas, muscle strengthening activities, OR they can be used to play a game similar to Follow the Leader.

One person is the leader. Leader does the activity on the card and everyone else tries to "mirror" the leader.

How to Use These Cards, cont'd

The leader can choose how many times to repeat the activity - perhaps the number of years old he/she is.

This can also be used to help reinforce counting skills, or even spelling and letter skills.

Above all—Just Have Fun!

Cómo utilizar estas tarjetas

Estas tarjetas se utilizan como ideas, actividades de fortalecimiento muscular, o pueden ser utilizados para jugar a un juego similar al de Follow the Leader.

Una persona es el líder. Los líderes lea la actividad en la tarjeta y todo el mundo trata de "reflejar" el líder.



El líder puede elegir cuántas veces se

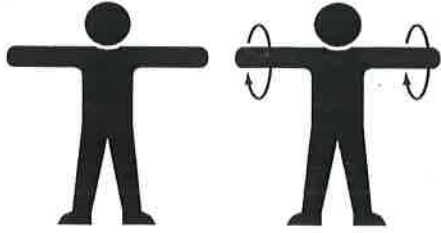
Cómo utilizar estas tarjetas, continuación

debe repetir la actividad, tal vez el número de años que él/ella es.



Esto también se puede utilizar para ayudar a reforzar las habilidades de conteo, o incluso de ortografía y habilidades de las letras.

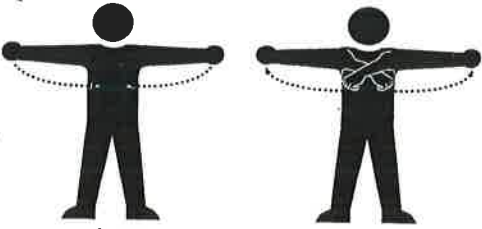
Por encima de todo-Juega y disfruta!

 **Mighty Muscles Task Card** GRADES K-2  148





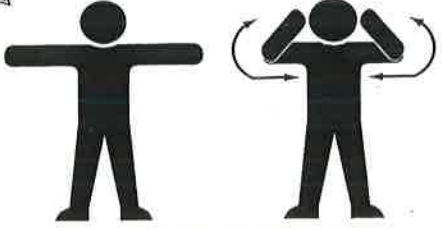
ARM CIRCLES
 Arms out to sides, chest high. Make circles with arms.

 **Mighty Muscles Task Card** GRADES K-2  149



ARM SCISSORS
 (Front) Arms out to sides, chest high, palms up or down. Cross arms in front of body. Return.

 **Mighty Muscles Task Card** GRADES K-2  150



BICEP CURLS
 Arms out to sides, shoulder high, palms up. Keep upper arm still. Bend and straighten lower arms, keeping elbows high.



BICYCLE

Sit or lie back. Lift feet and circle legs (like riding a bike).



CURL-UPS

Lie on back, knees bent, feet on ground. Arms straight and reaching toward feet, hands flat on the ground. Curl up so that fingers slide 3-4" forward toward heels, then back down so head is touching ground.



KNEE-TO-CHEST CURLS

Sit with knees together, feet on floor. Lift knees to chest. Return feet to floor.



DIPS

In crab walk stance, fingers point toward toes. Complete dip by bending elbows such that hips dip to floor, then straightening elbows back to ready position. Keep torso as flat as possible.



PUSH-UPS



SEAT WALK

Sit on the floor with legs extended in front. Fold arms at chest. Walk forward by alternating leg-hip movement. (Walk using your seat!)

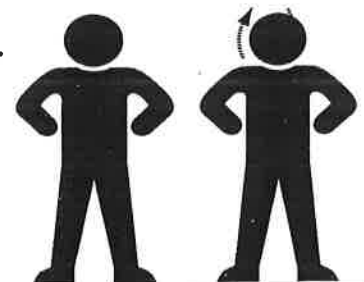


WALKING LUNGES

Take giant steps in a large circle around cone. With each step, drop your hips so that your thigh is as flat as a table. Be sure your front foot is ahead of your front knee.



rotate
the head
back
& forth

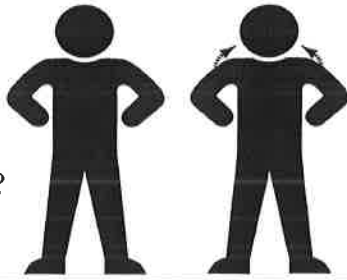




Limber Limbs Task Card

GRADES K-2 179

roll
the
shoulders



Limber Limbs Task Card

GRADES K-2 180

reach
for
the stars



Limber Limbs Task Card

GRADES K-2 181

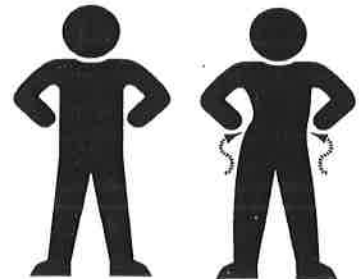
dangle
to the toes



Limber Limbs Task Card

GRADES K-2 182

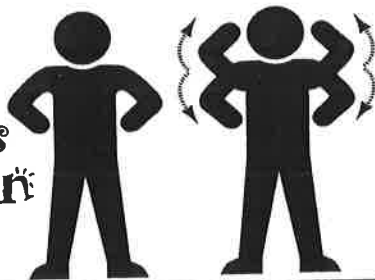
wiggle
the hips



Limber Limbs Task Card

GRADES K-2 183

curl
the arms
up & down



Limber Limbs Task Card

GRADES K-2 184

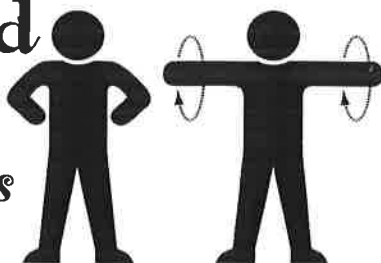
twist
at the
trunk



Limber Limbs Task Card

GRADES K-2 185

extend
&
circle
the arms



Limber Limbs Task Card

GRADES K-2 186

hold
the hands
& reach out
front

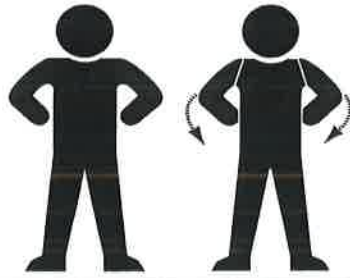




Limber Limbs Task Card

GRADES K-2 187

bend
the elbows &
reach to the
back



Limber Limbs Task Card

GRADES K-2 188

bend
& straighten
the knees



Limber Limbs Task Card

GRADES K-2 190

arch
the
back



Limber Limbs Task Card

GRADES K-2 191

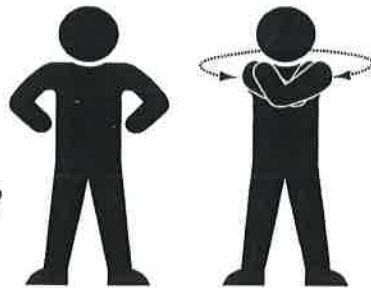
stretch
for the
sky & sway



Limber Limbs Task Card

GRADES K-2 192

hug
the
shoulders



Limber Limbs Task Card

GRADES K-2 193

lean
to
the side



Limber Limbs Task Card

GRADES K-2 194

wave
the
arms all
around



Activities found in
CATCH curriculum and used in
It's All About Kids Program

Actividades encontradas en
CATCH currículo y se utiliza en
Todo el Programa Acerca
It's All About Kids

tulsaplay.org

