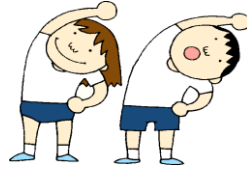


The Daily Dozen



NASPE Standard 3: The Physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

| | |
|----|---|
| 1 | Jump Rope (whole body exercise) |
| 2 | Thigh stretch (quadricep muscle stretch) |
| 3 | Step BACK Lunges (full leg exercise) |
| 4 | Arm Pull Stretch (biceps/triceps muscle stretch) |
| 5 | Planks/Push-ups (arms & core-center of the body exercise) |
| 6 | Scissor Kicks (core exercise) |
| 7 | Side Leg Lifts (balance & leg strength exercise) |
| 8 | Straight Leg/Toe Up (hamstring & calf muscle stretch) |
| 9 | Arm Circles (arm and shoulder muscle exercise) |
| 10 | Military Jacks (whole body exercise) |
| 11 | Balance Holds (Leg muscle exercise) |
| 12 | Pretzel Stretch (Leg stretches) |

Red= Stretches for our muscles

Purple= Exercises for our muscles (strength)