

Actions (Exercises)

**jump**

Actions (Exercises)

Actions (Exercises)

**run**

Actions (Exercises)

Actions (Commands)

**hands  
up**

Actions (Commands)

Actions (Commands)

**hands  
down**

Actions (Commands)

Actions (Exercises)

**hop**

Actions (Exercises)

Actions (Exercises)

**star jump**

Actions (Exercises)

Actions (Exercises)

**clap  
hands**

Actions (Exercises)

Actions (Exercises)

**stomp feet**

Actions (Exercises)



Actions (Exercises)

**turn  
around**

Actions (Exercises)

Actions (Exercises)

**touch  
toes**

Actions (Exercises)