



## ACTIVE “SIMON SAYS ....”

Pretend to throw a ball	Climb the stairs	Close your eyes	Spin around	Jump up and down	Do a handstand	Crawl
Bow	Do a Cartwheel	Walk around	Do 10 star jumps	Cross your legs	Squat and balance on one foot	Dance for 10 seconds
Clap your hands	Run around	Twirl around	Hop on your left foot	Pretend to sit on a chair	Move like a robot	Squat 10 times
Clap your knees	Do 10 sit ups	Cross your arms	Twist your body	Stretch up high	Pretend to swim around	Play air guitar
Stomp your feet	Walk backwards	Try to touch the ceiling	Scrunch into a ball	Forward roll	Stand up straight and touch your toes	Balance on your right foot

Freeze	Side roll	Pretend to be asleep	Lay on the floor and stretch out long	Balance on your left foot	Walk on your hands	Hop on your right foot
Bend your knees	Act like you're stuck in a box	High five someone with your foot	Do a tik tok dance move	Walk on your knees	Pretend you have a skipping rope	Tell someone how you're feeling
Pretend to be a scary dinosaur	Spin around in circles	Make a funny face	Walk like a crab	Hop around like a frog	March like a soldier	Do a somersault
Show off your arm muscles	Stand on your tippy toes	Do the 'worm' dance	Put your hands on your hips	Flap around like a fish out of water	Make up your own dance move	Do a bear crawl on your hands and feet
Run on the spot for 10 seconds	Swing a hula hoop around your waist	Wiggle your toes	Pretend to be a ballerina	Roar like a lion	Stretch like a cat	Pretend to bounce a ball
Pretend you're superman	Pretend you're made of jelly	Pretend to be a scary ghost	Do a high karate kick	Pretend to kick a ball	Jump on the spot for 10 seconds	Jump like a kangaroo