

The Villages® Charter School

Food Service Seconds; Promoting Health thru Nutrition & Well Being

SUPER Hero action training

Directions: Perform each action. Check it off when complete. Circle all the action verbs.



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|---|---|
|  balance on one foot for 10 seconds |  curl your body up and hold for 10 seconds |
|  crawl forward for 10 feet |  hop on one foot 10x |
|  gallop for 10 steps |  kneel up tall for 10 seconds |
|  jump in place 10x |  roll in a straight line for 10 feet |
|  run in place for 10 seconds |  sit and then stand up 10x |
|  skip forward 10x |  slide to the right 10x |
|  stomp your feet in place 10x |  slide to the left 10x |
|  stretch your legs for 10 seconds |  straighten your body and hold for 10 seconds |
|  walk backwards for 10 steps |  twist your body and hold for 10 seconds |
|  bend and touch your toes 10x |  wiggle your body for 10 seconds |