

Beginning Sounds

Exercise the Answer with Dance Breaks



By Greater Richmond

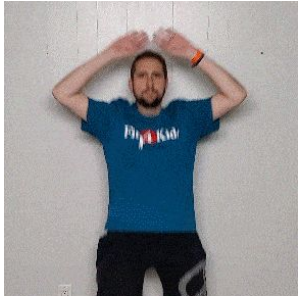
Fit4Kids

www.grfit4kids.org

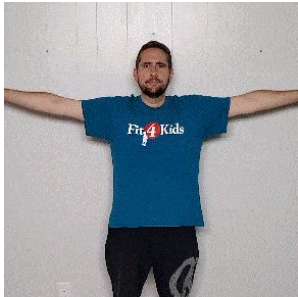
- 1) Think about it
- 2) Tap your head
- 3) Exercise your answer



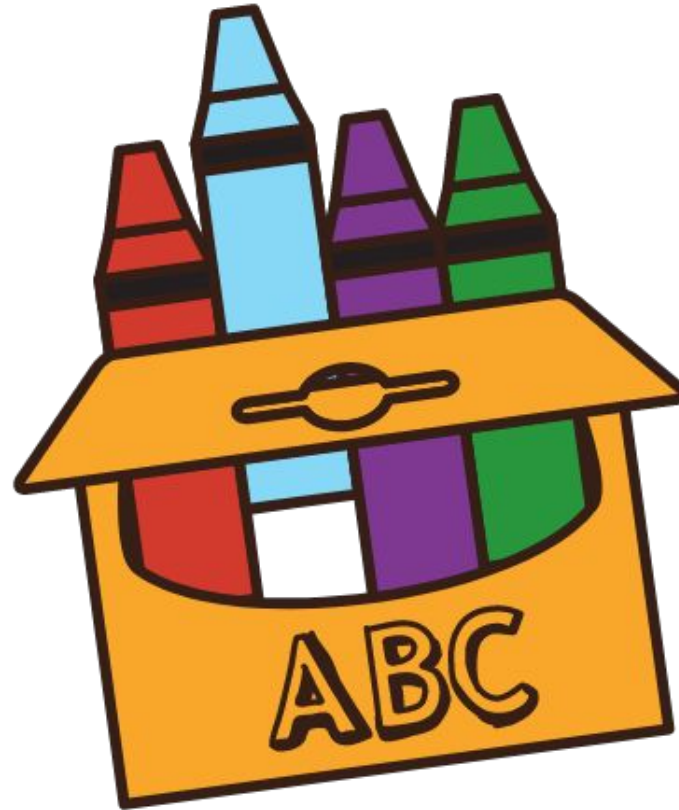
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C



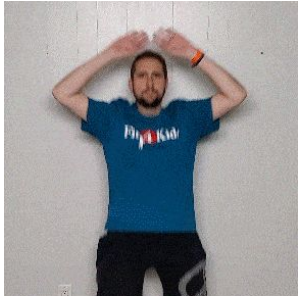
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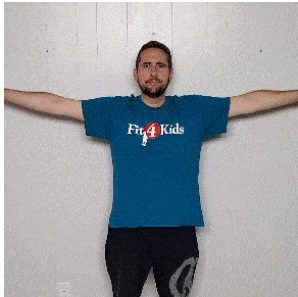
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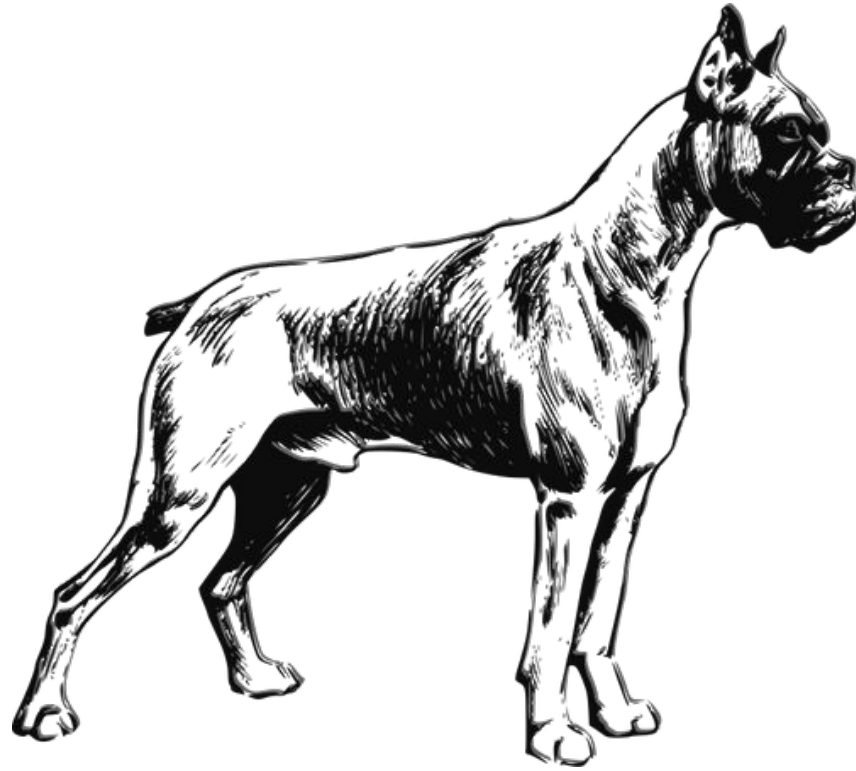
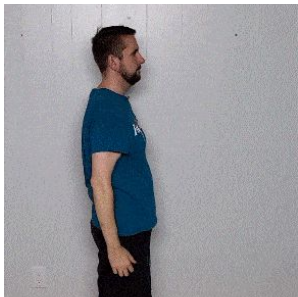
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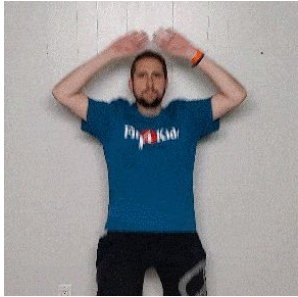
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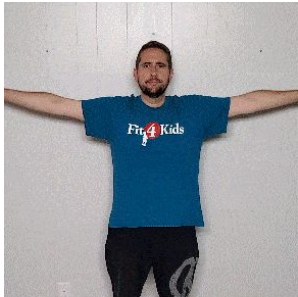
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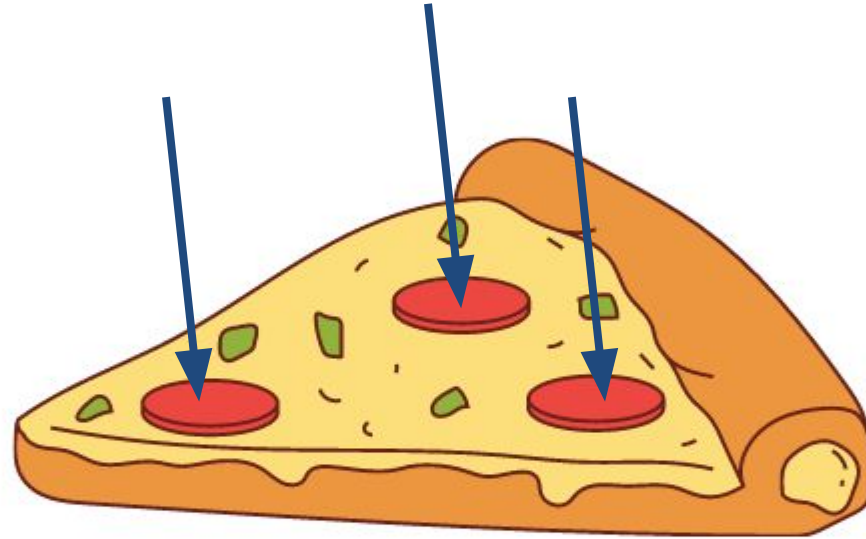
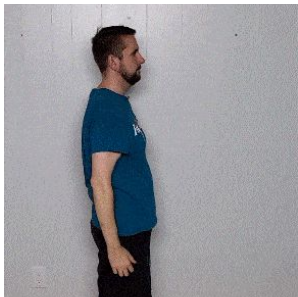
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R

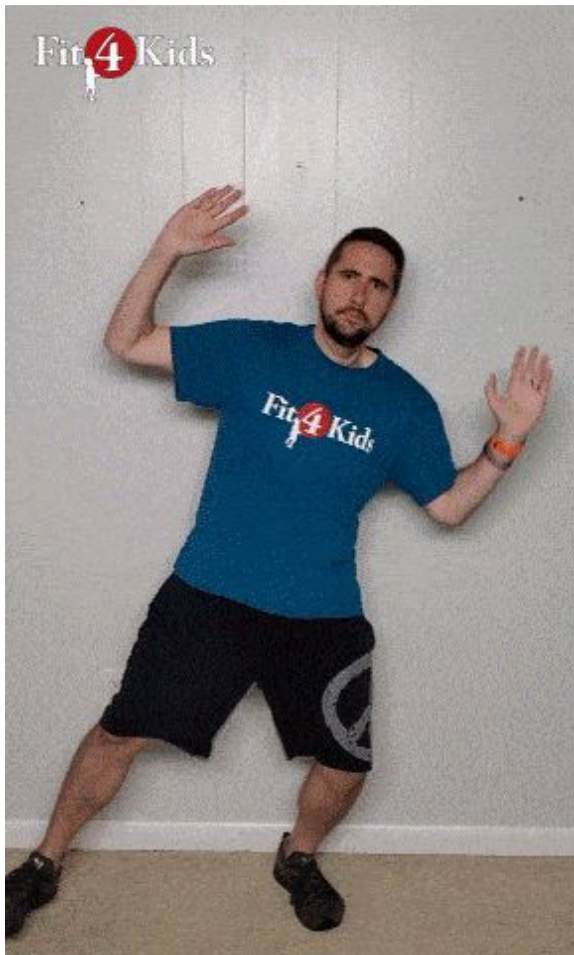
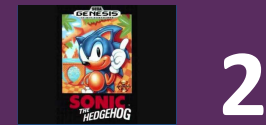


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Wacky Jacks

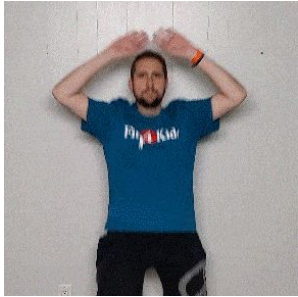
or

DANCE PARTY

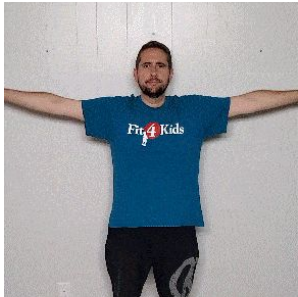


Think, Tap, Move

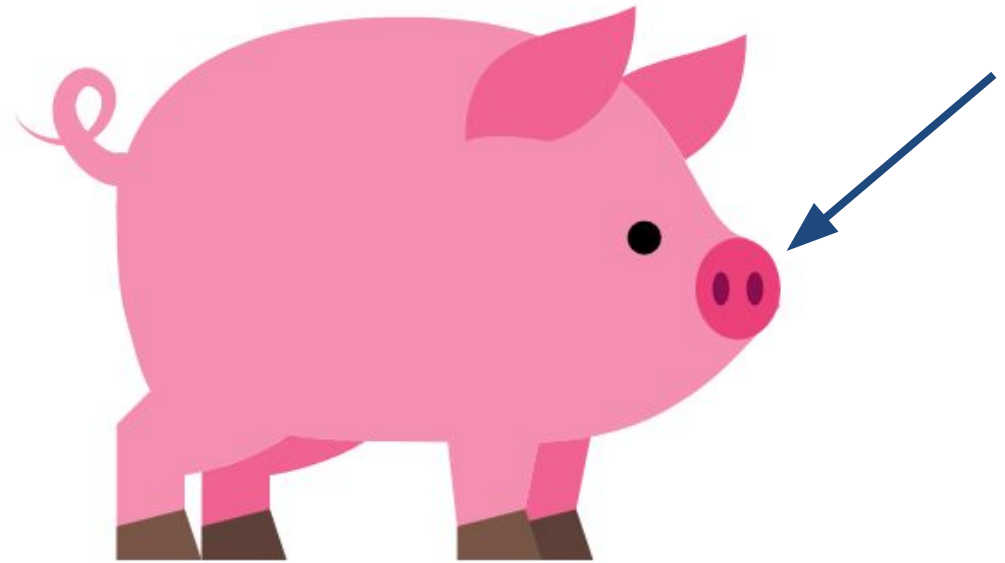
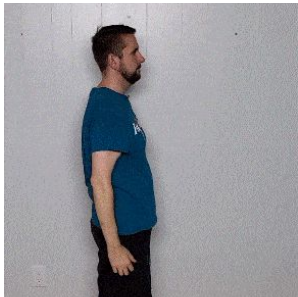
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H



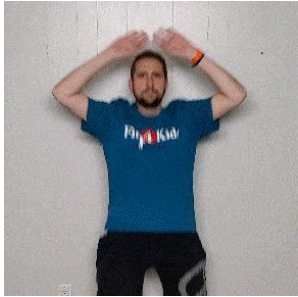
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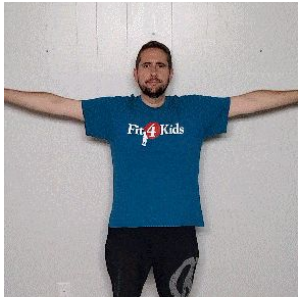
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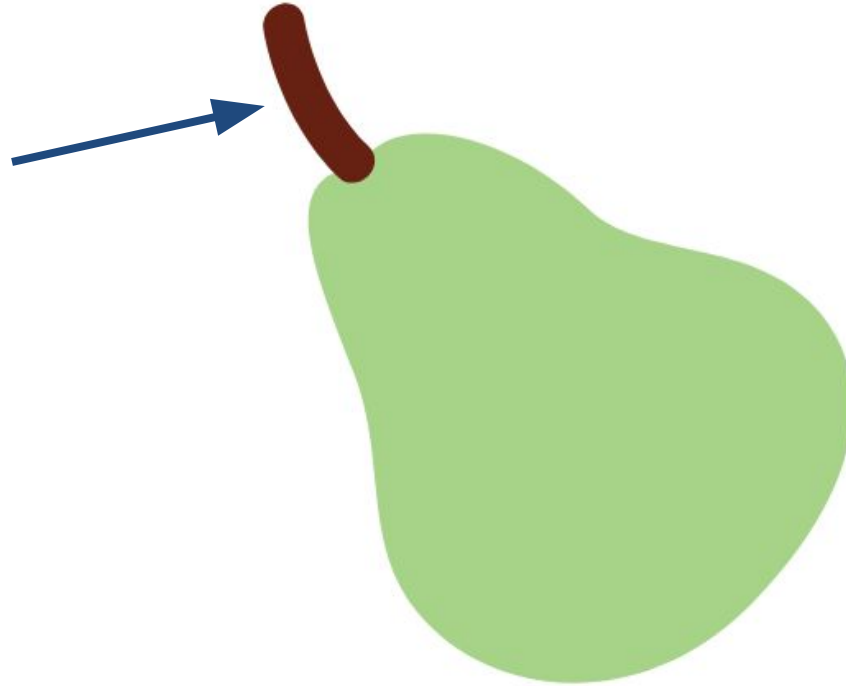
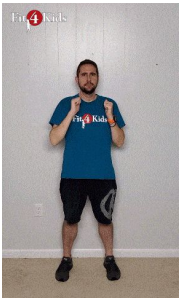
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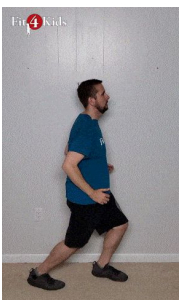
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A

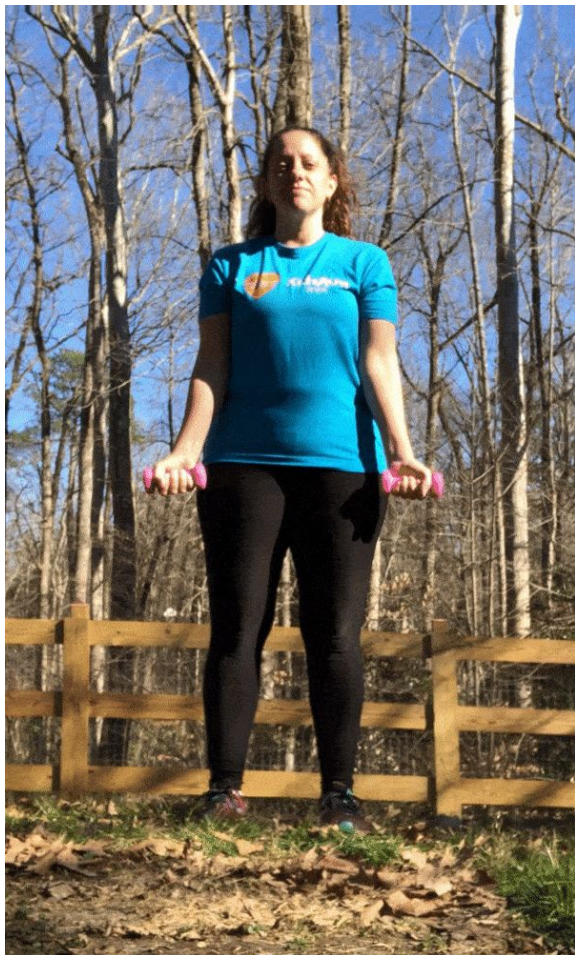


S



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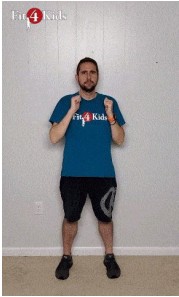
Bicep Curls

or

DANCE PARTY



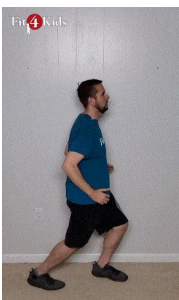
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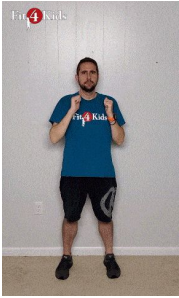
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__andle



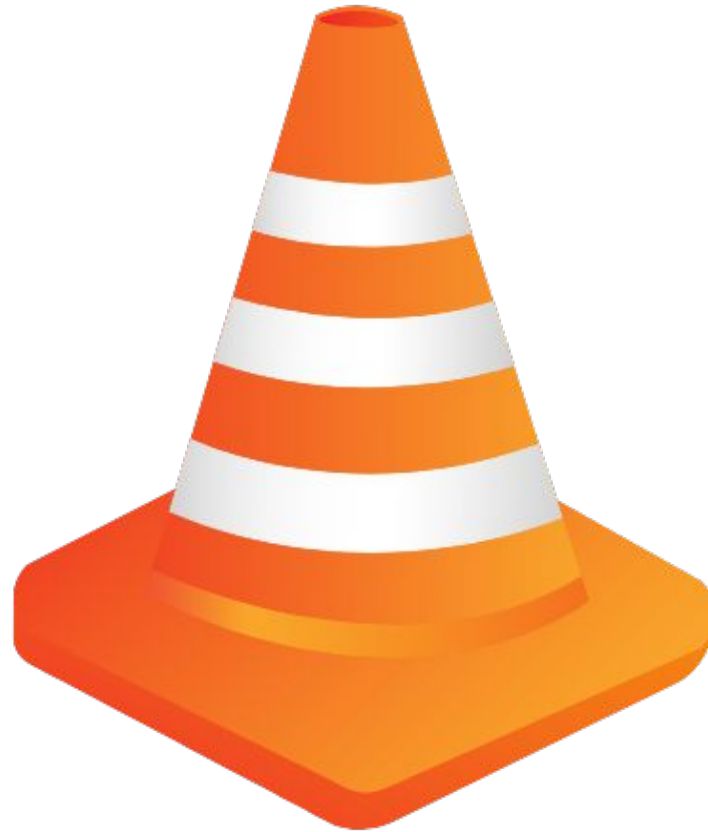
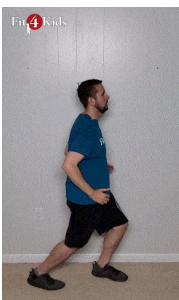
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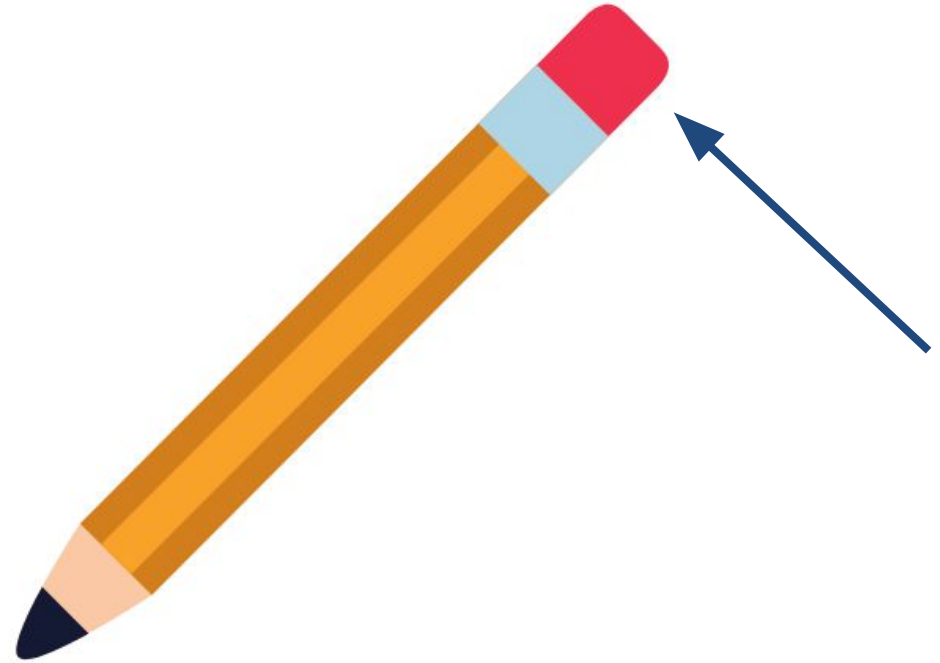
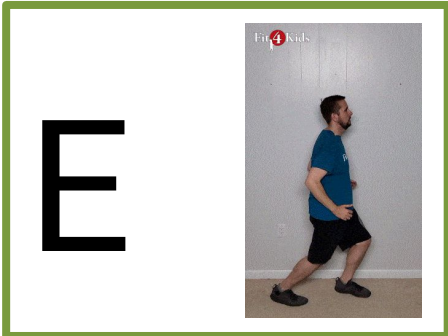
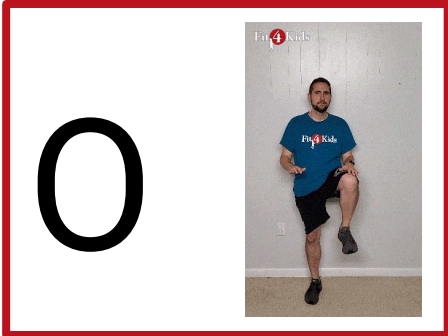
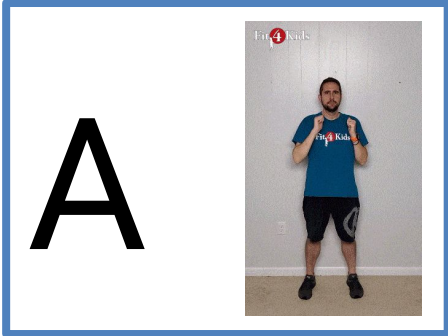


S



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__raser





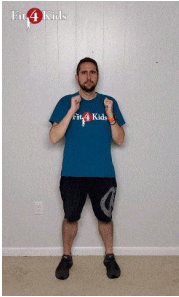
Ski Jumps

or

DANCE PARTY



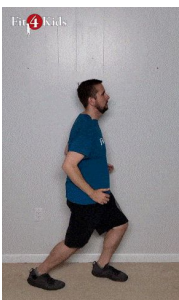
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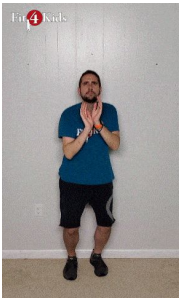
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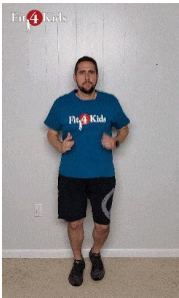
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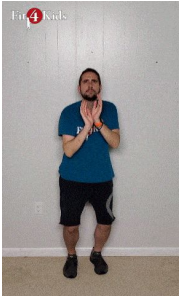
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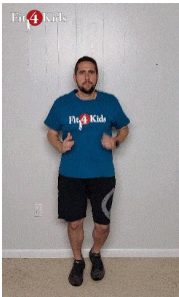
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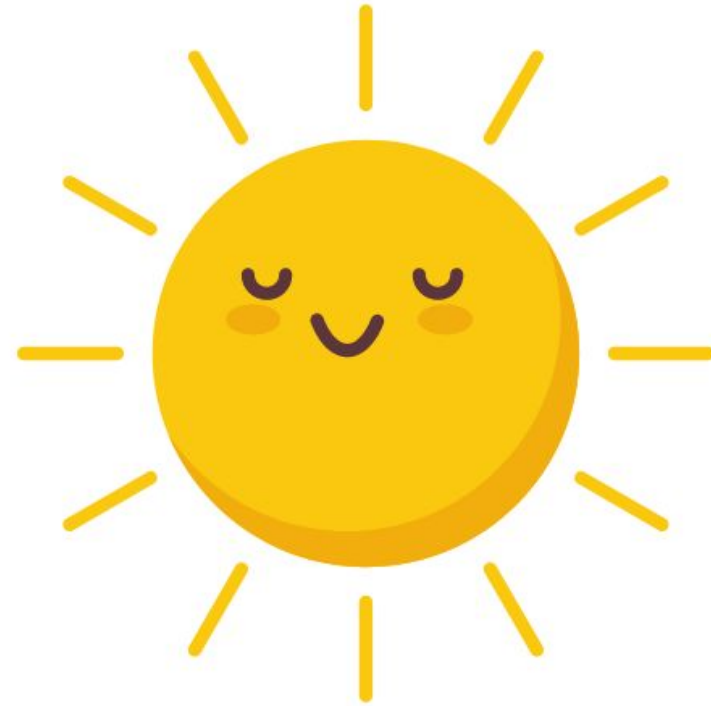
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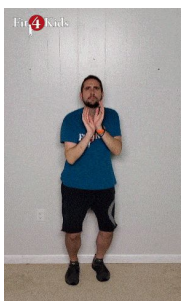
DANCE PARTY

or

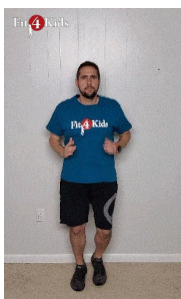


Overhead Press

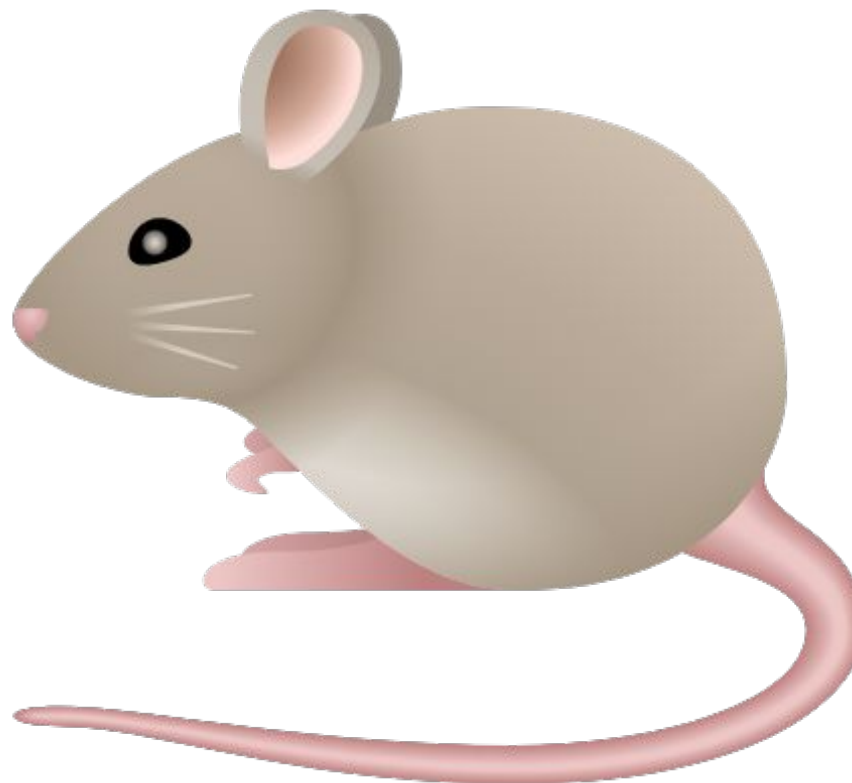
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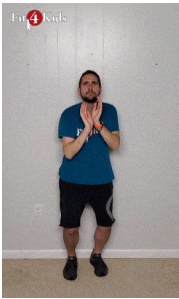
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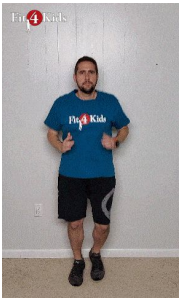
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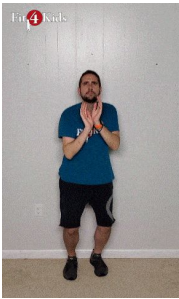
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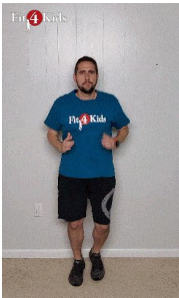
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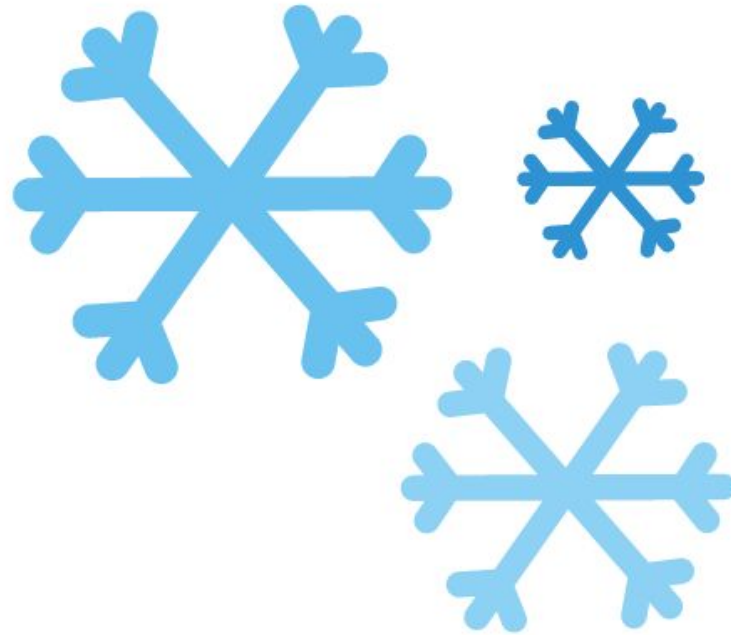
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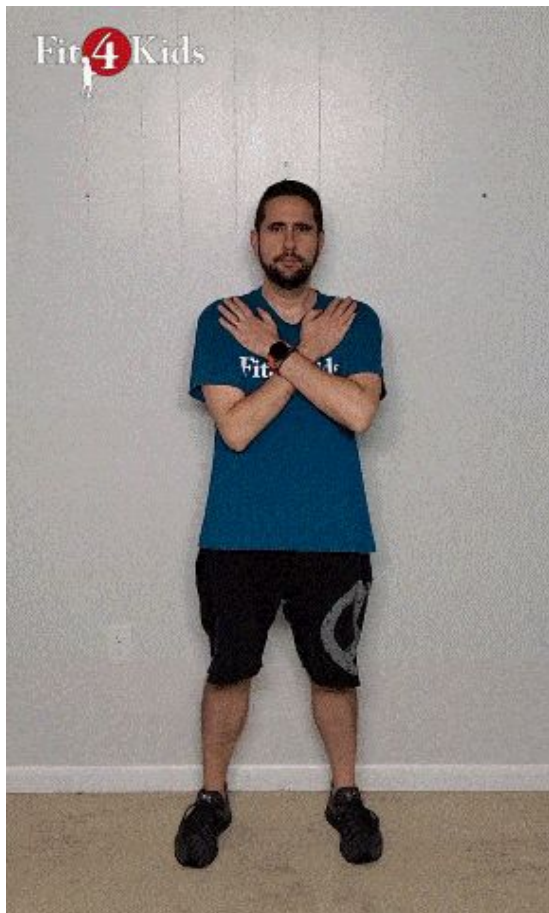


S



—now





Mummy



Pretzel

