

Is It a Pattern?

Exercise the Answer with Dance Breaks

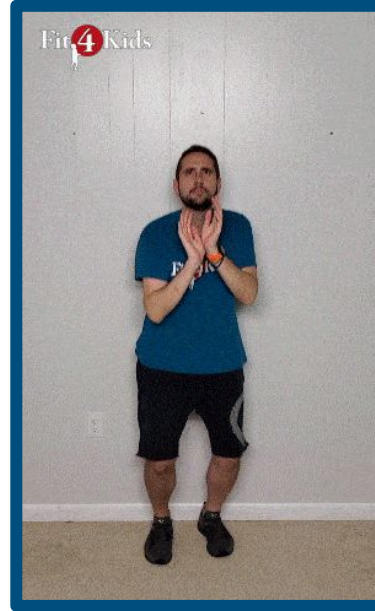
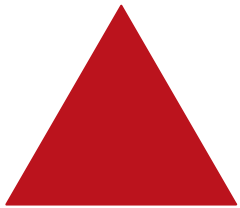


By Greater Richmond Fit4Kids

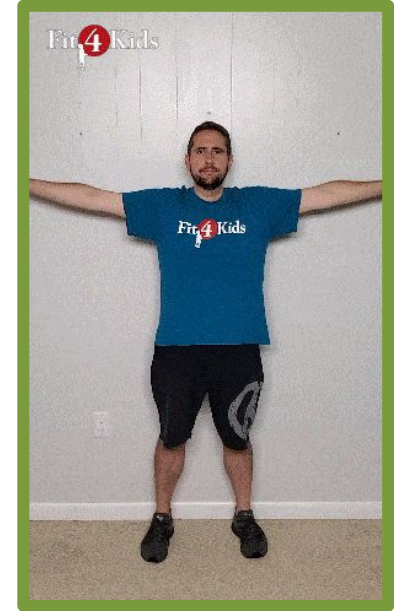
www.grfit4kids.org



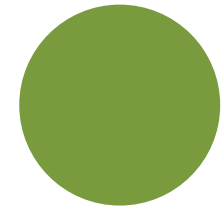
Toe Touches



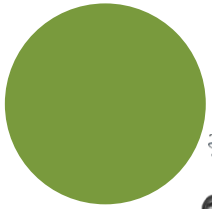
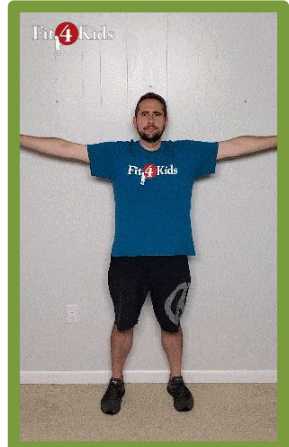
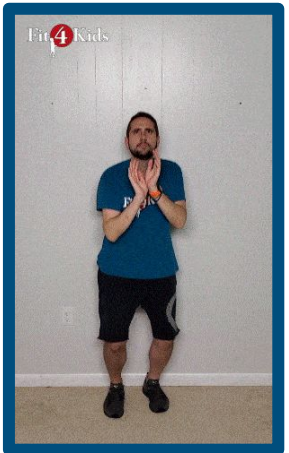
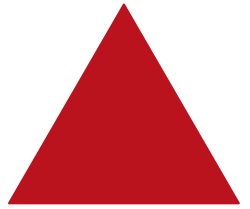
Basketball Shots



Arm Circles



Think, Tap, Move





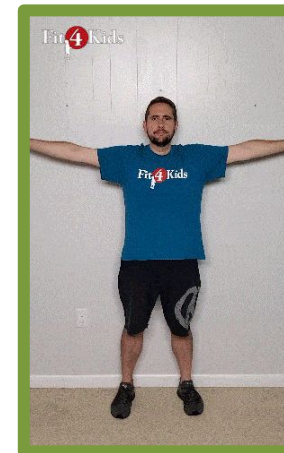
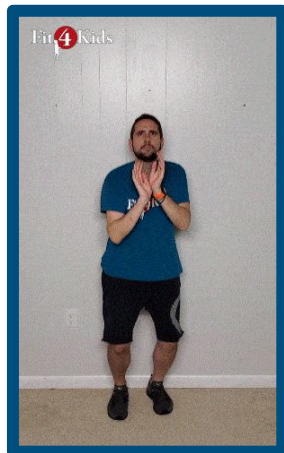
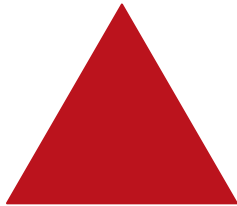
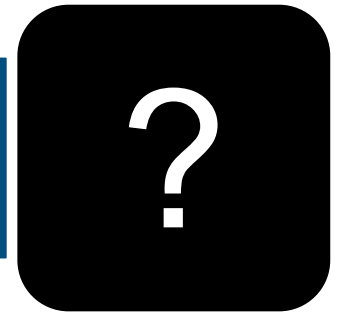
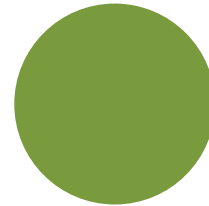
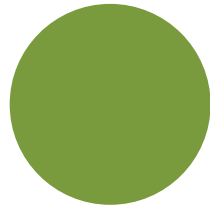
Ski Jumps

or

DANCE PARTY



Think, Tap, Move



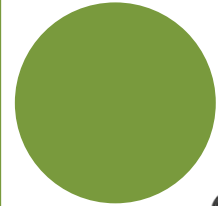
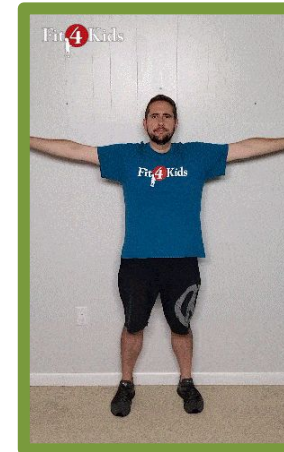
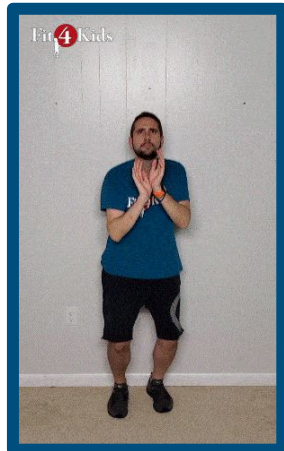
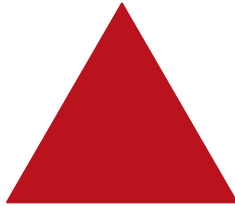
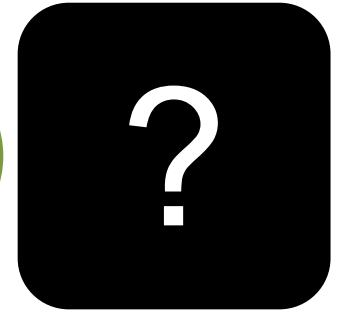
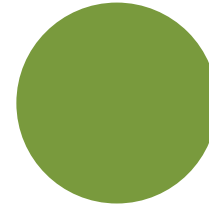
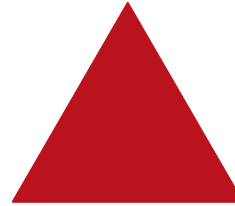
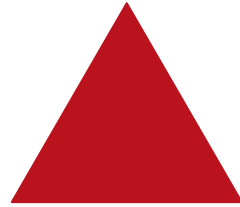
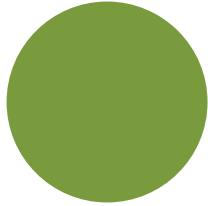
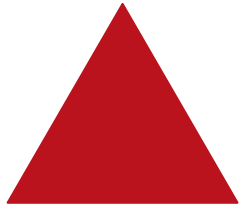


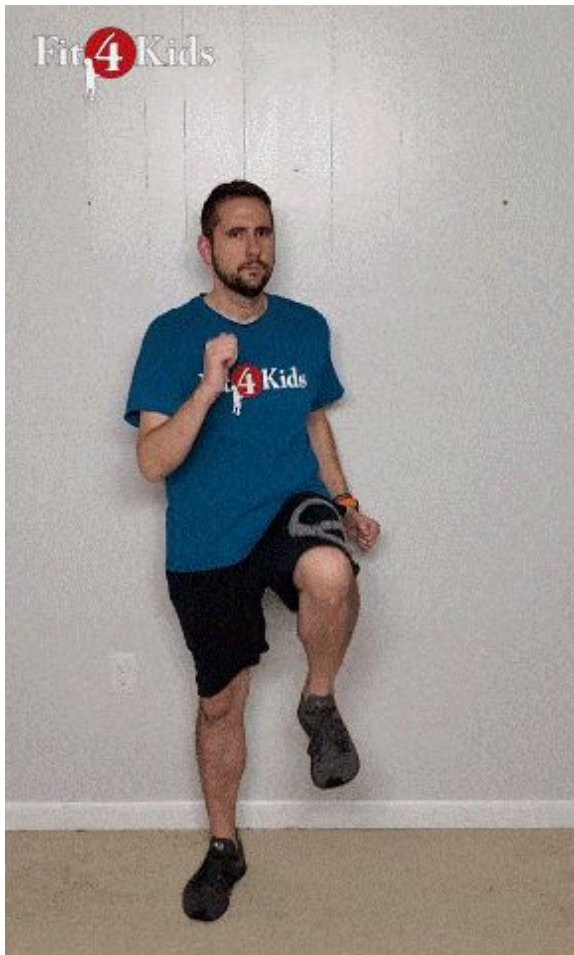
Goal Posts

or

DANCE PARTY





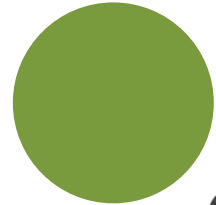
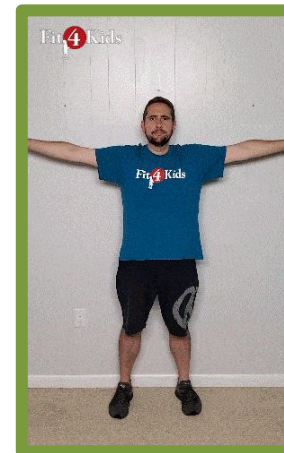
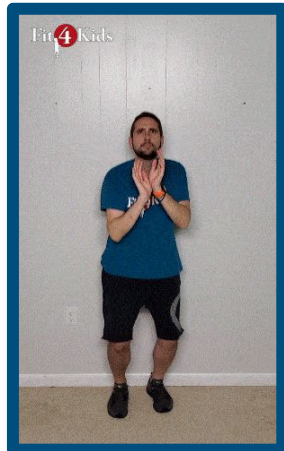
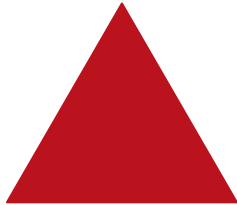
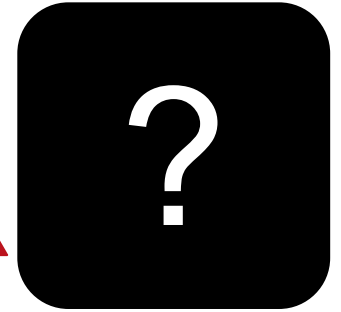
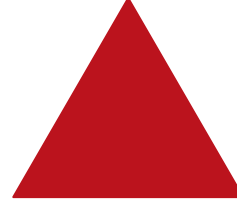
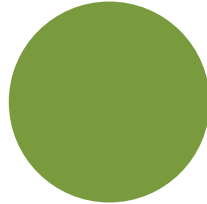
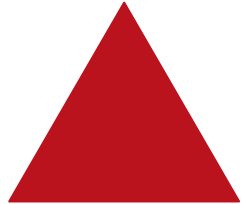


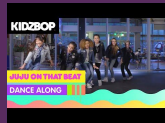
March

or

DANCE PARTY







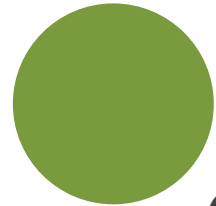
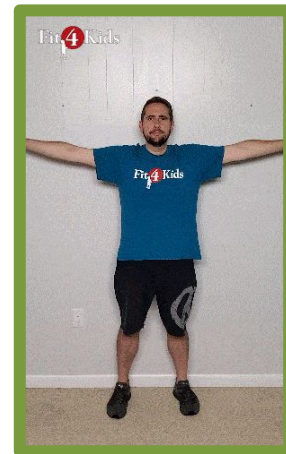
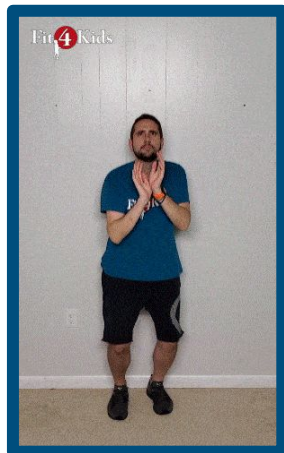
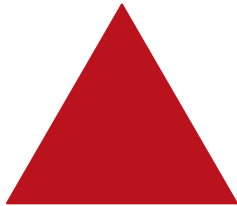
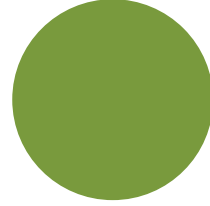
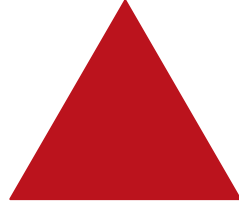
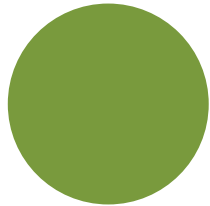
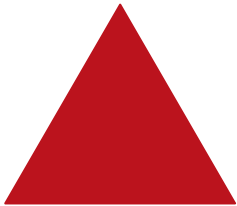
Frog Jumps

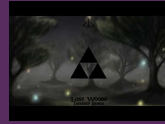
or

DANCE PARTY



Think, Tap, Move





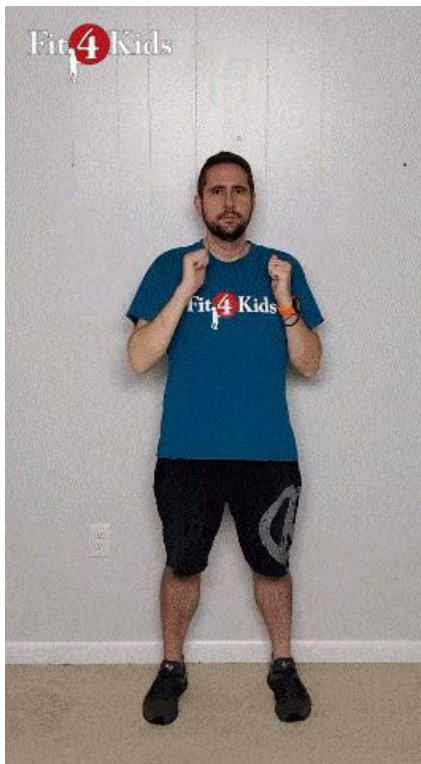
Fast Feet

or

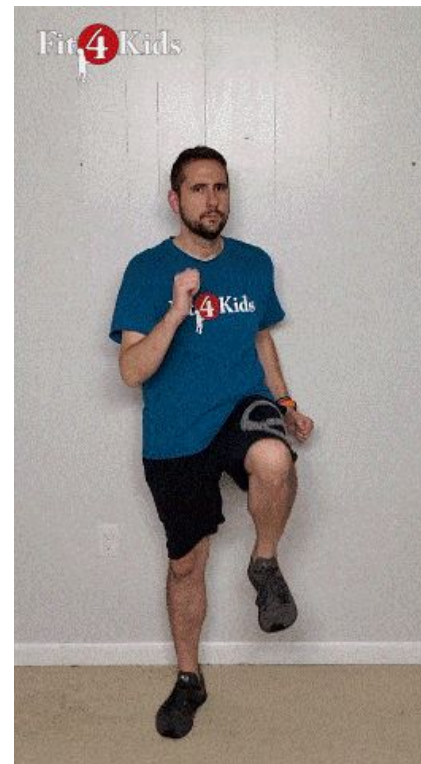
DANCE PARTY



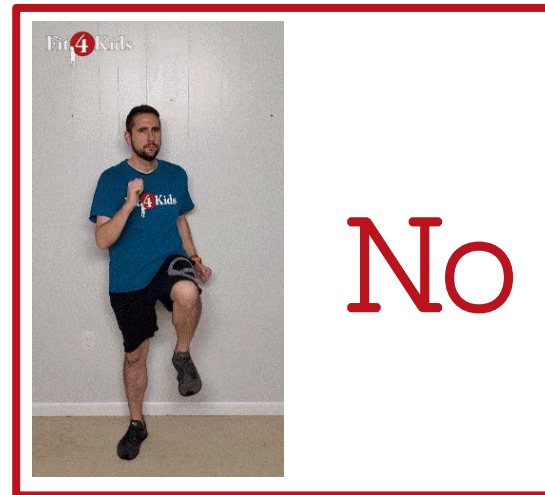
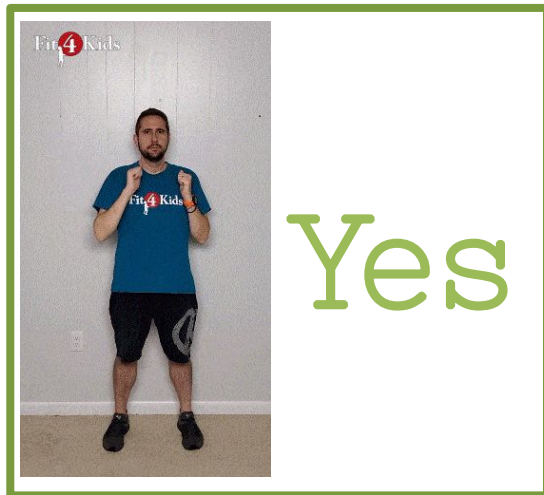
Yes, it's a
pattern

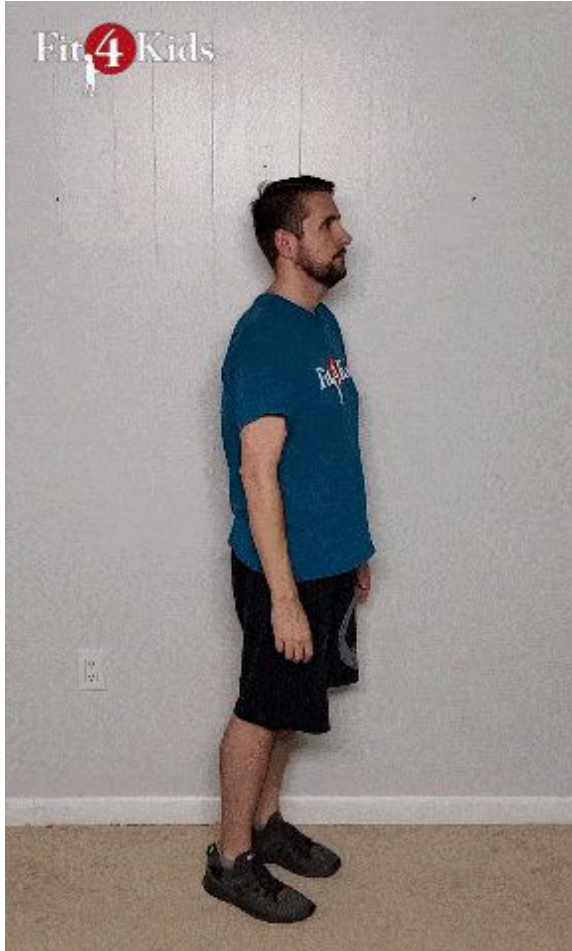


No, it's not a
pattern



Is this a pattern?





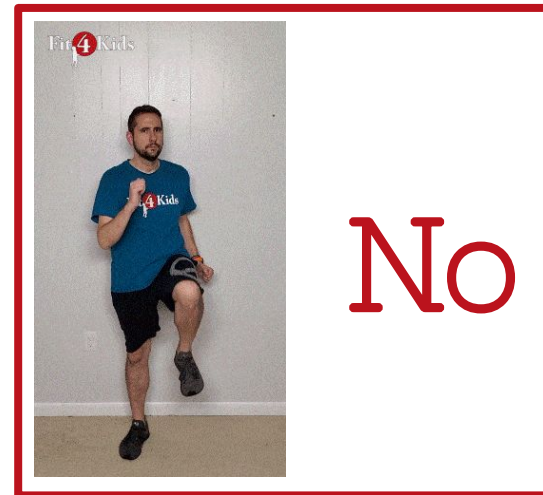
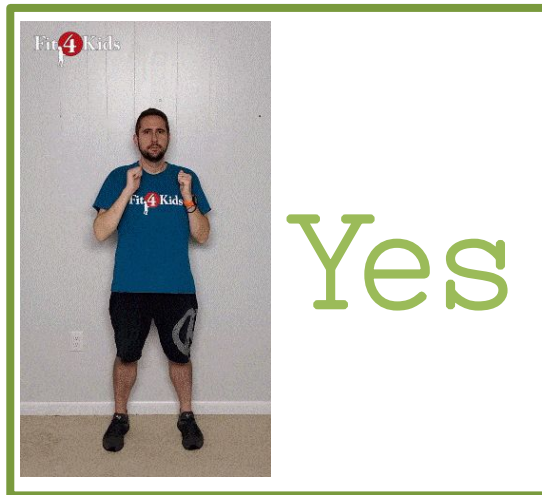
Heel Raises

or

DANCE PARTY



Is this a pattern?





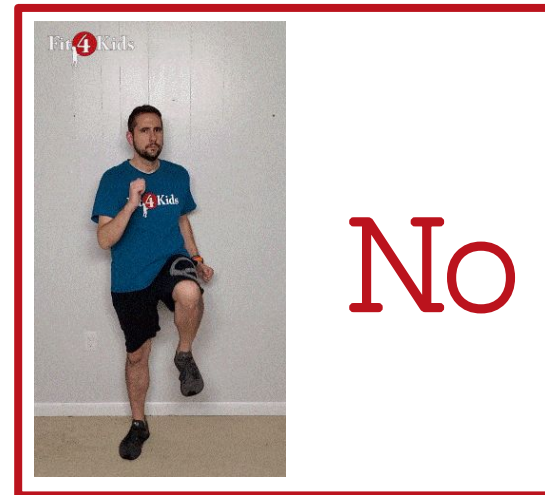
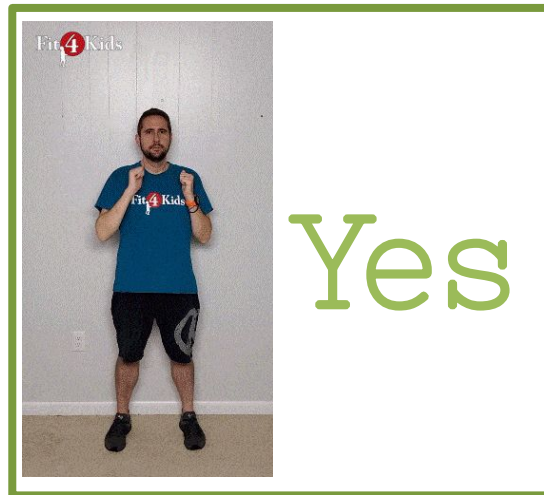
Star Jumps

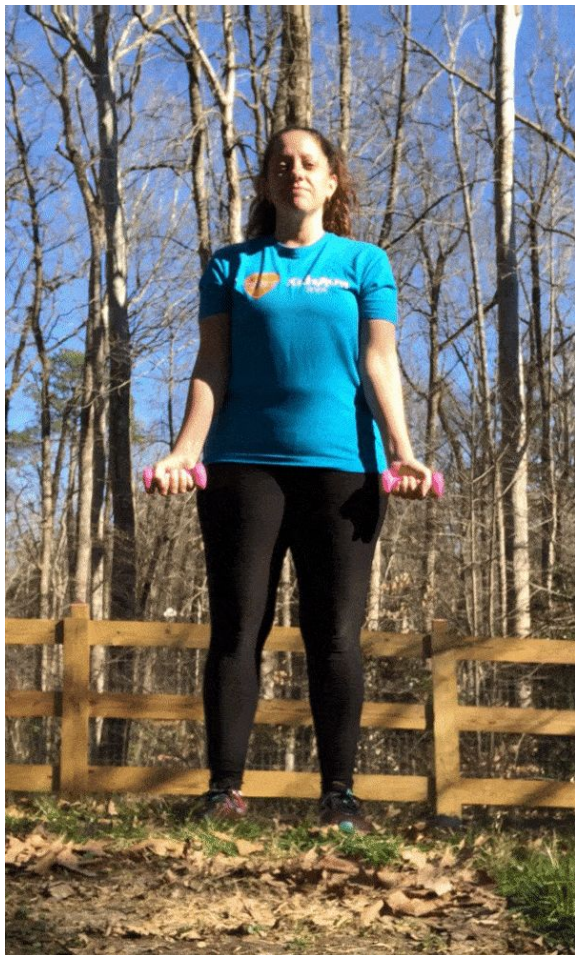
or

DANCE PARTY



Is this a pattern?





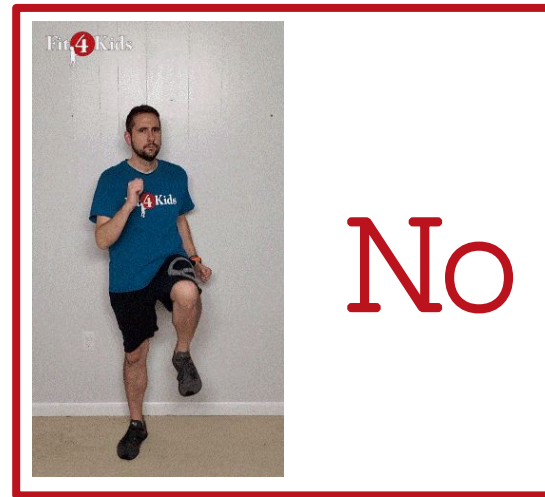
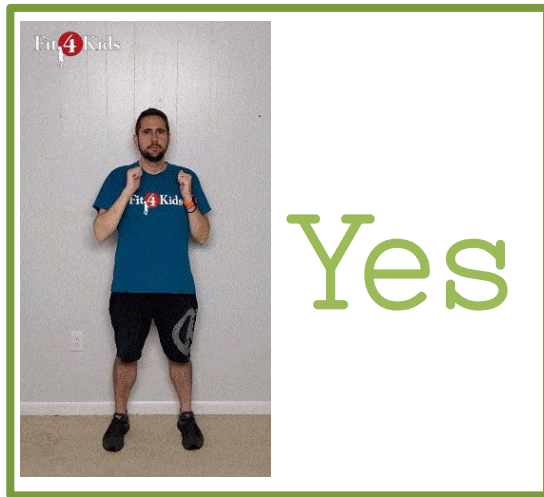
Bicep Curls

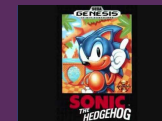
or

DANCE PARTY



Is this a pattern?





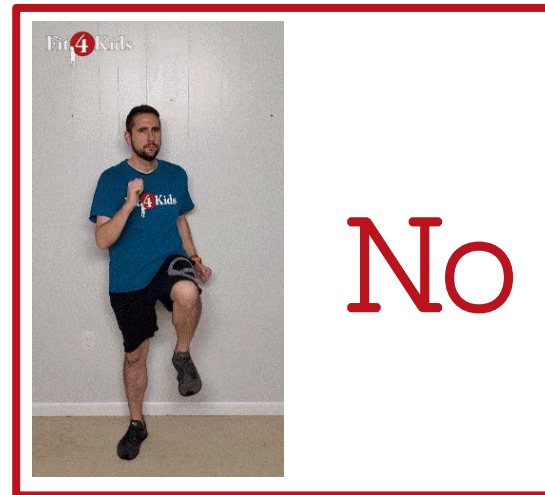
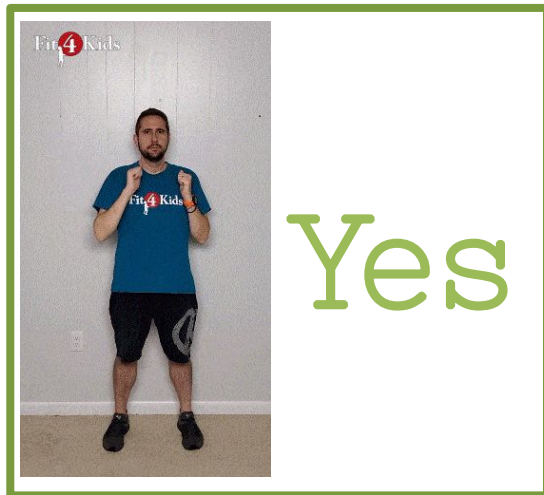
Wacky Jacks

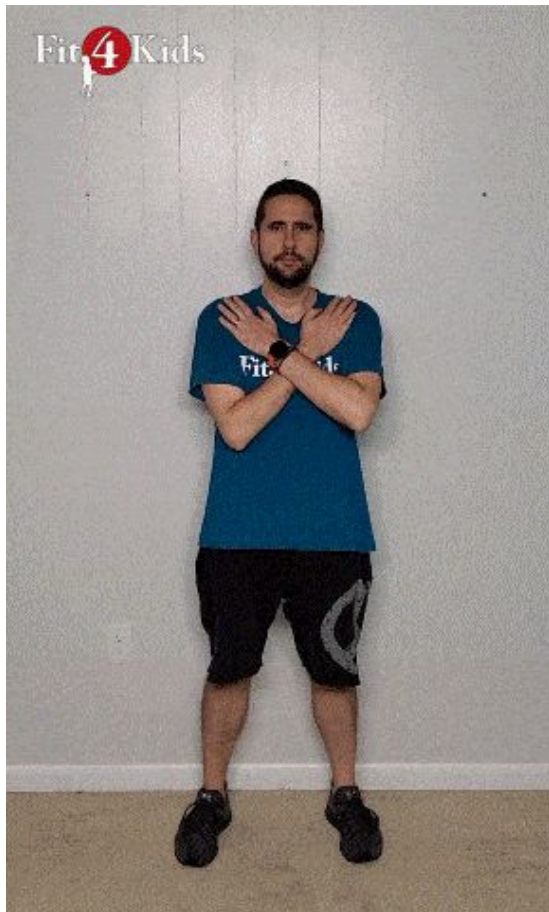
or

DANCE PARTY

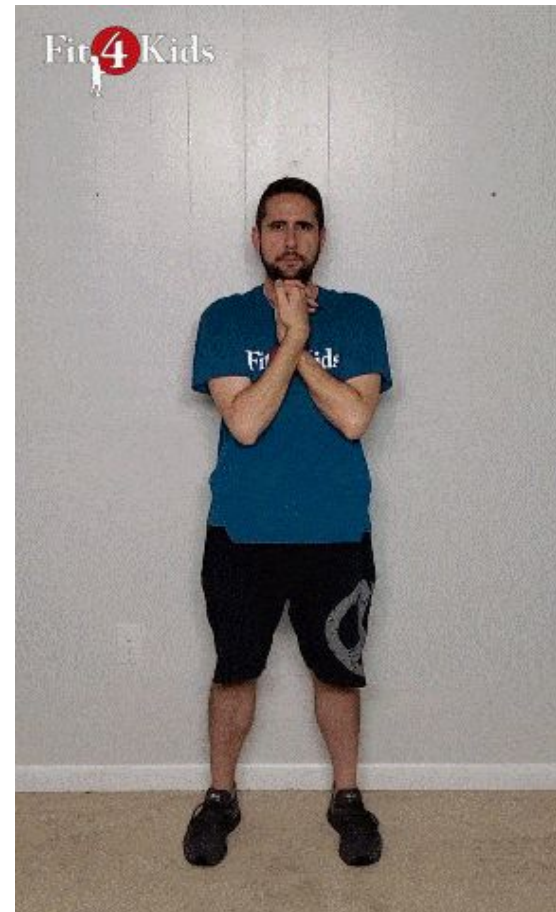


Is this a pattern?





Mummy



Pretzel

