

# Telling Time to 5 minutes

Exercise Your Answer



By Greater Richmond Fit4Kids

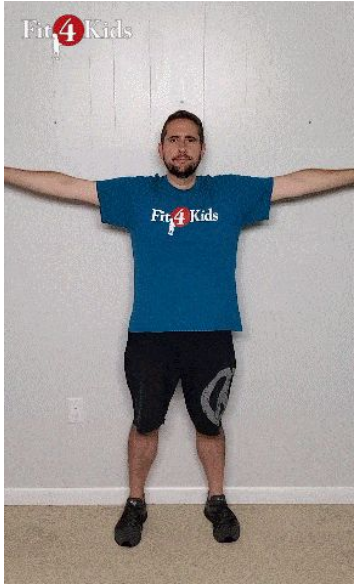
[www.grfit4kids.org](http://www.grfit4kids.org)

- 1) Show students the slide.
- 2) Instruct students to tap their temple.  
This gives all students fair 'think time'.
- 3) On your magic word, tell students to **SHOW** you their answer.
- 4) Reteach if any misconceptions.
- 5) Move on to the next slide.



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





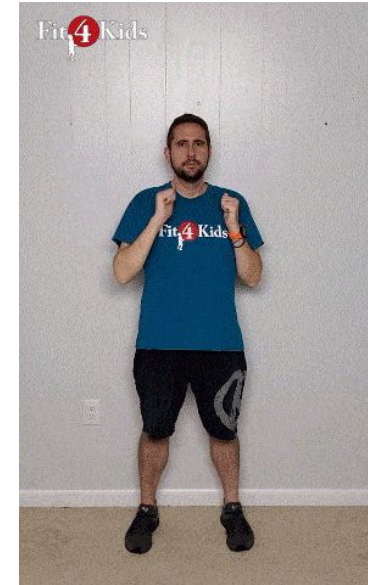
Arm  
Circles



Basketball  
Shots



Cross  
Crawl



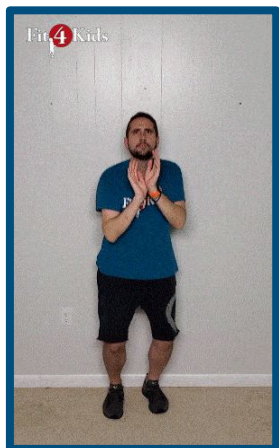
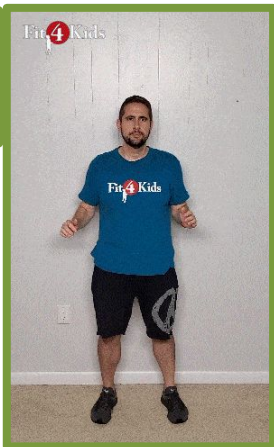
Sky  
Reach





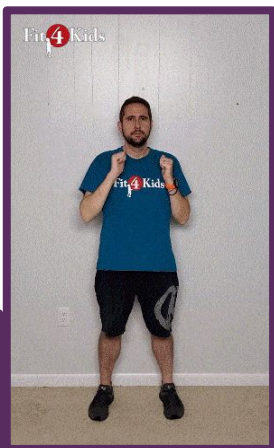
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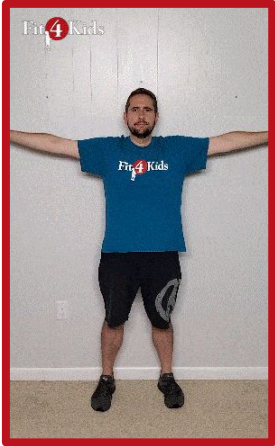
7:30



8:30

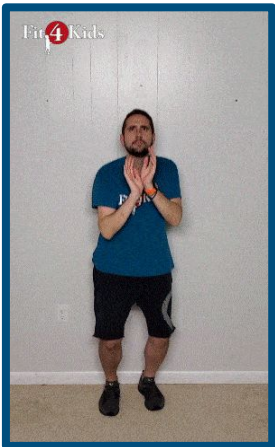
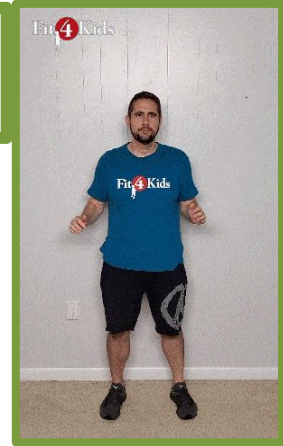
7:06





8:55

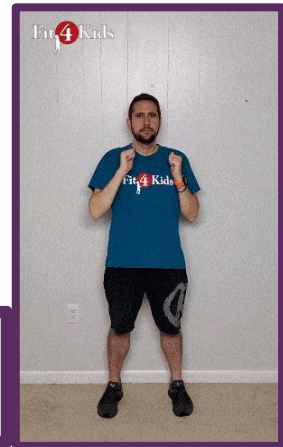
11:00



11:40



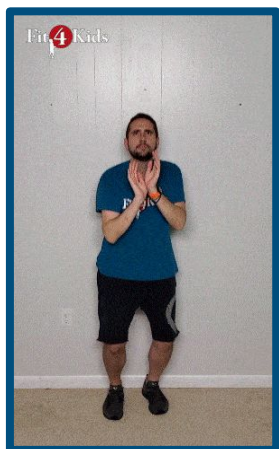
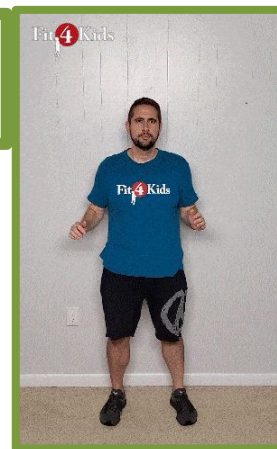
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4:30

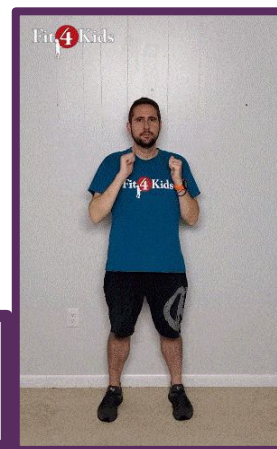
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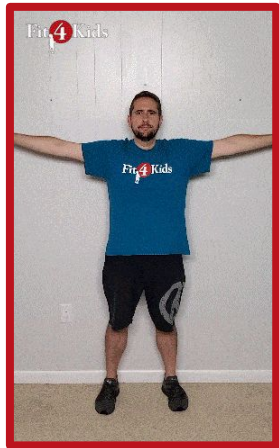


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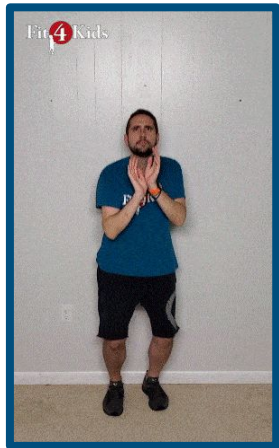
5:06





1:02

1:10



2:01

2:10







Ski Jumps

or

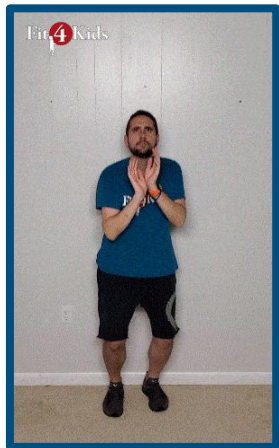
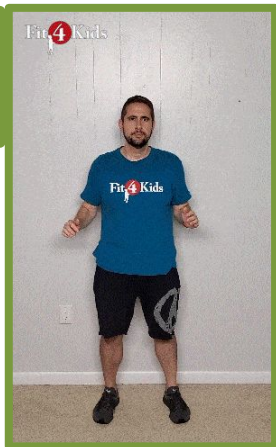
DANCE PARTY





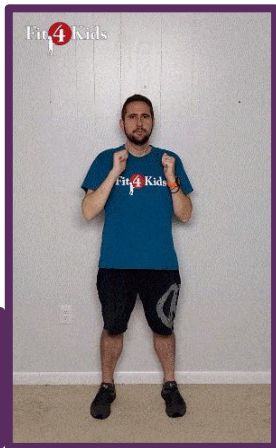
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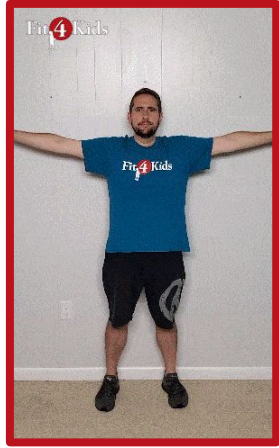
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8:35

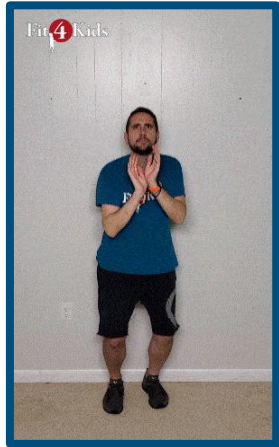
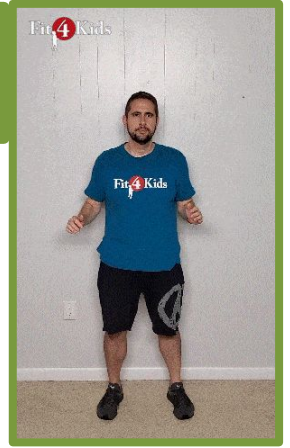
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1:55

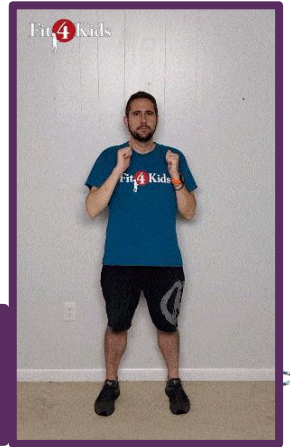
2:00



2:11

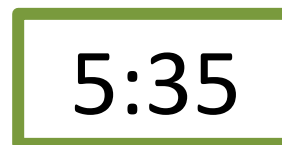


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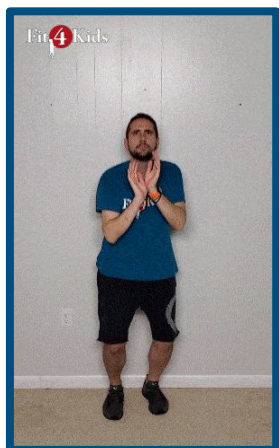
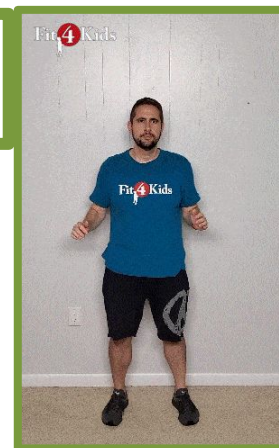




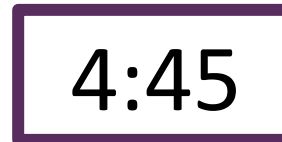
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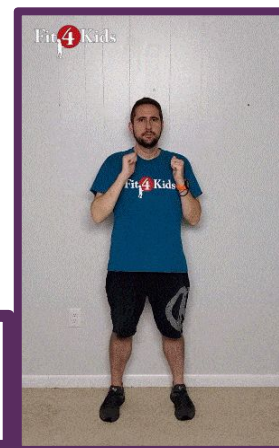
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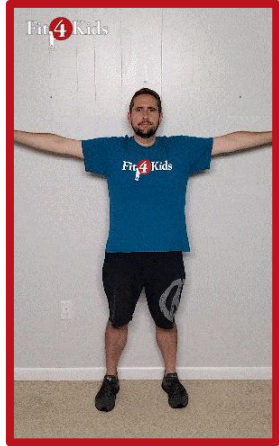


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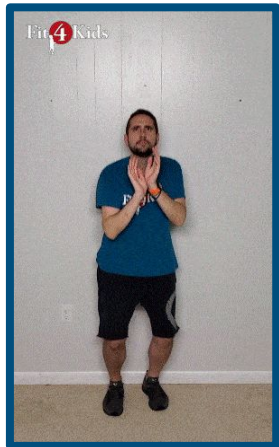
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2:50

10:05



10:10



2:10



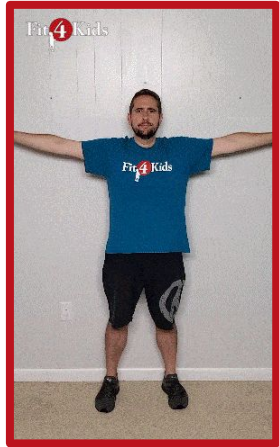


Sumo Squats

or

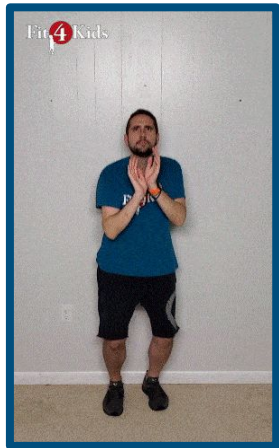
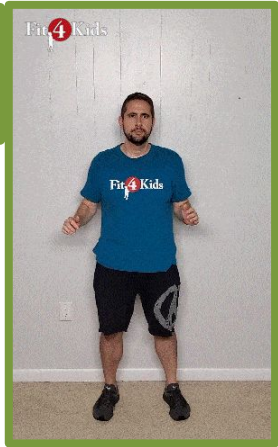
DANCE PARTY





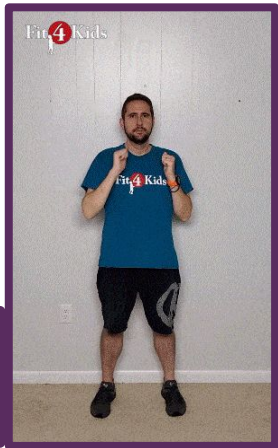
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7:20



8:15

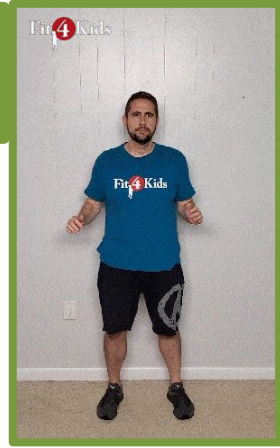
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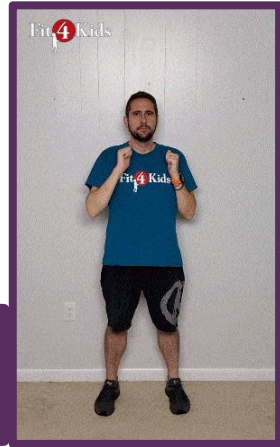
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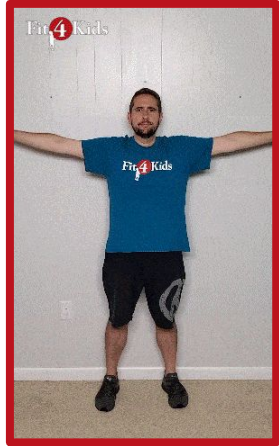


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4:05

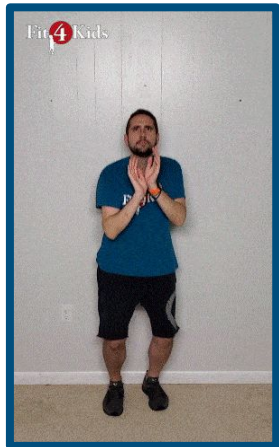
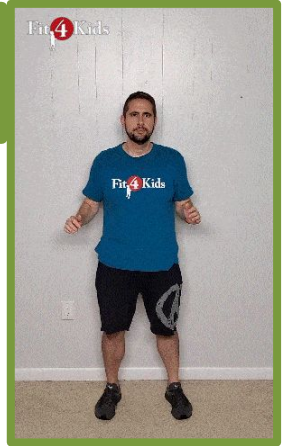






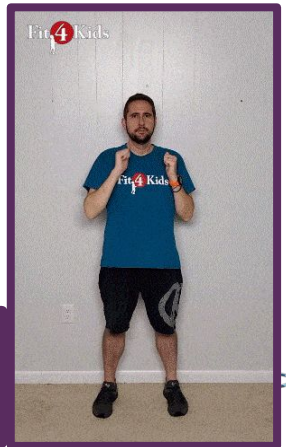
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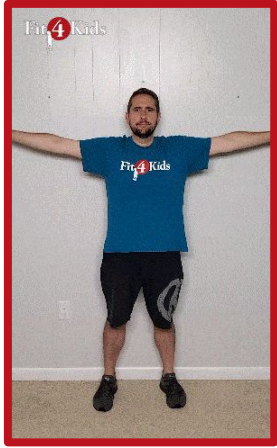
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7:10

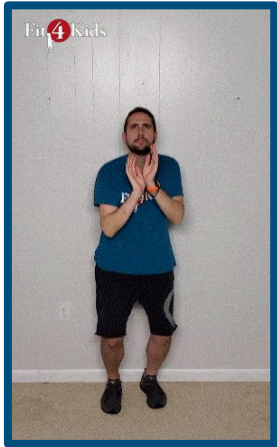
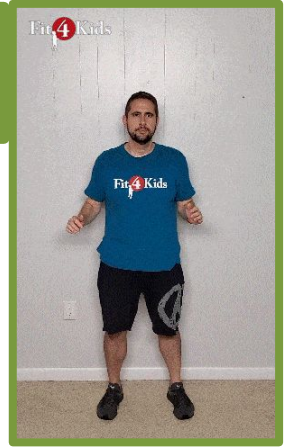
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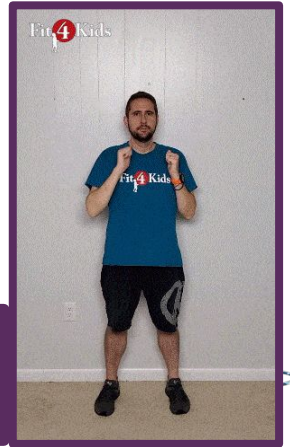
10:04

9:04



4:10

10:20





Wacky Jacks

or

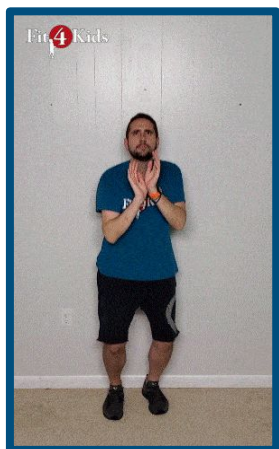
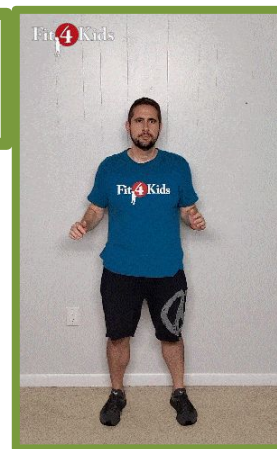
DANCE PARTY





5:35

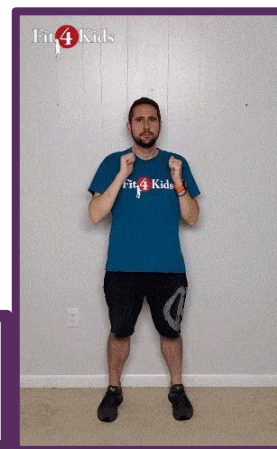
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5:45



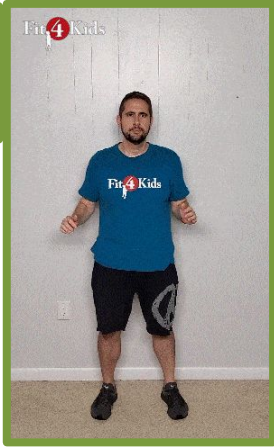
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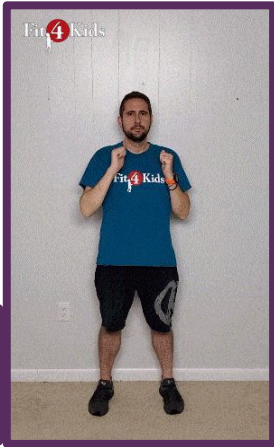
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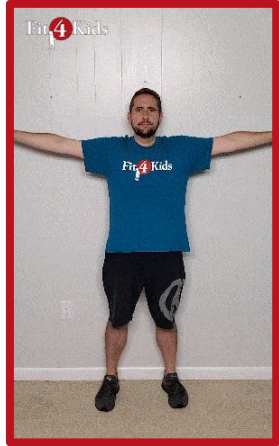
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2:20

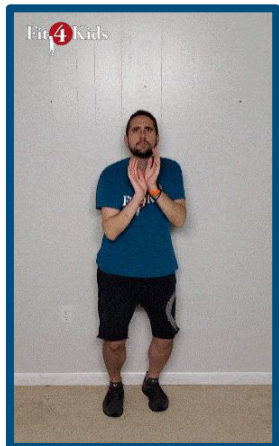
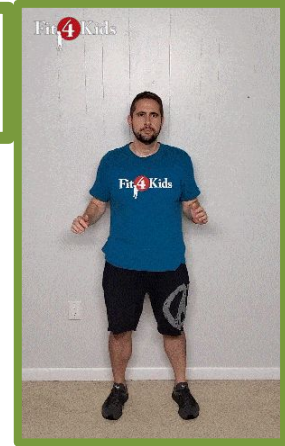
4:02





1:10

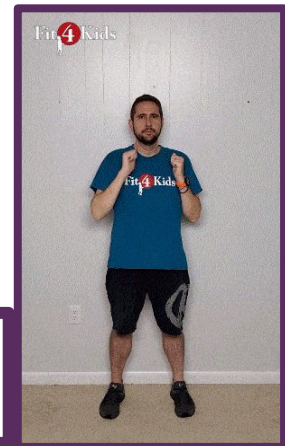
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10:10



9:05





4:10

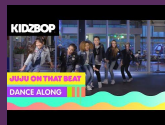
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5:10

5:45





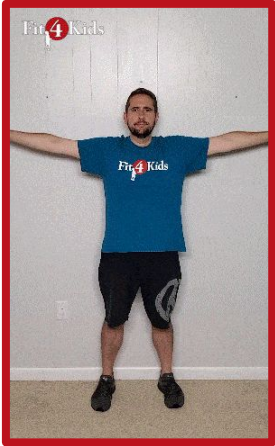
Frog Jumps

or

DANCE PARTY

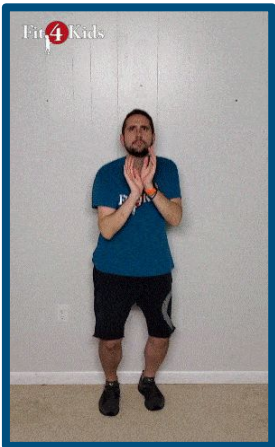
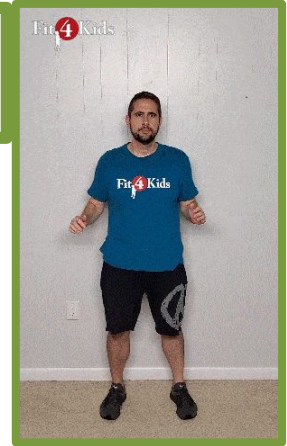






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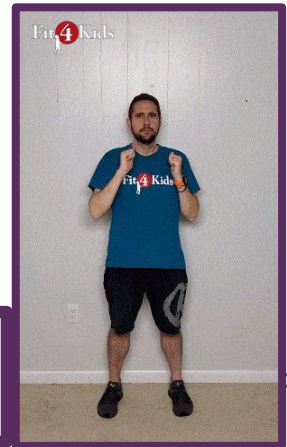
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3:15



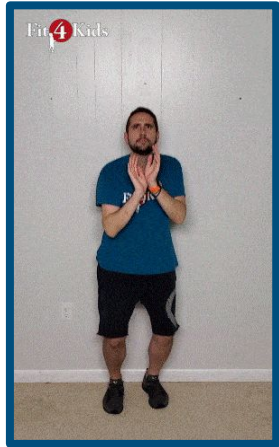
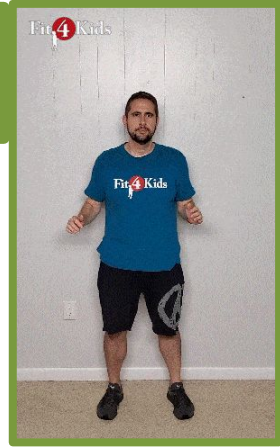
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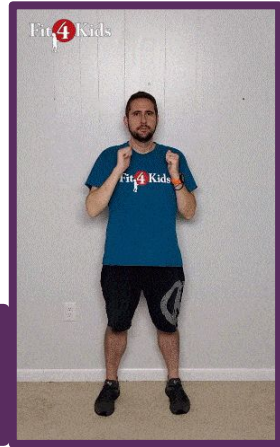
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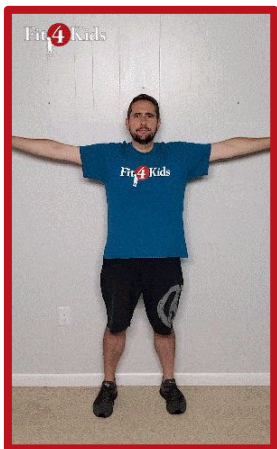
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7:11

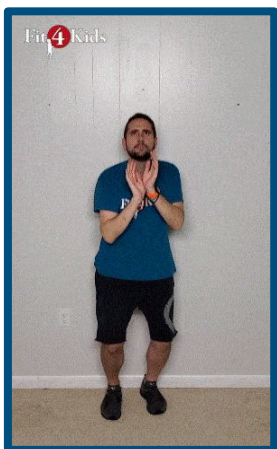
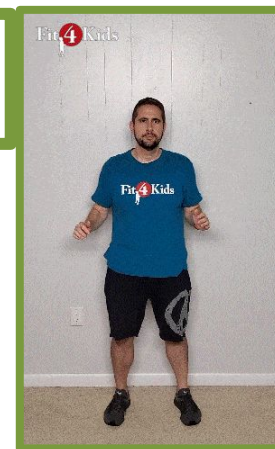
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11:10

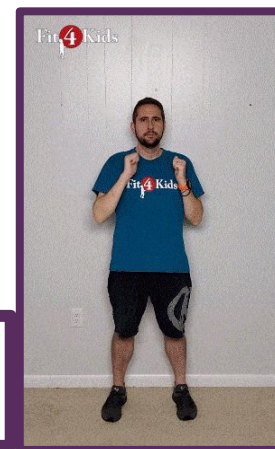
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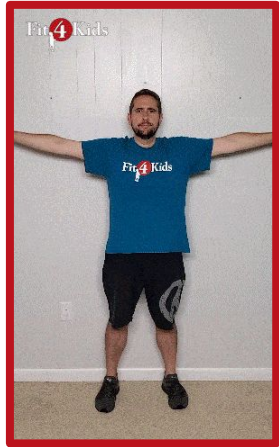


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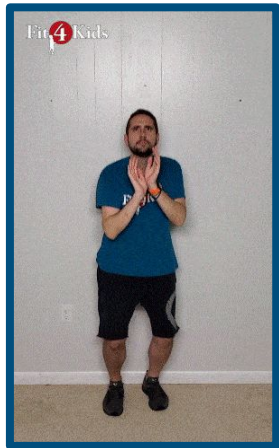
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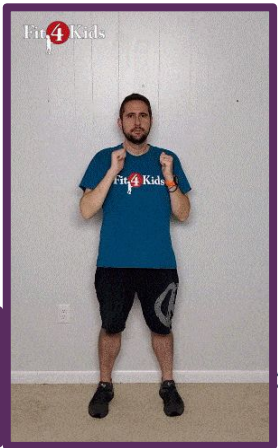
1:01

1:05



1:10

12:05





Lateral Raise

or

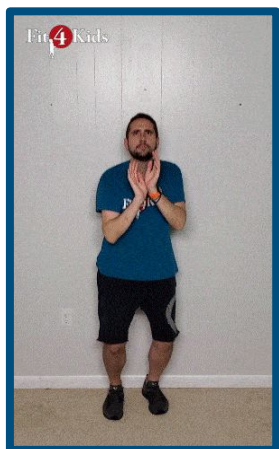
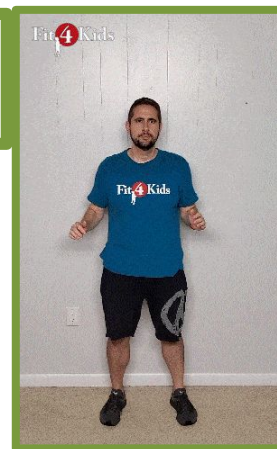
# DANCE PARTY





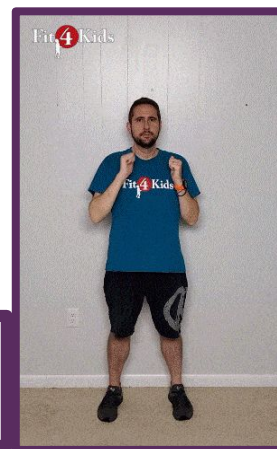
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5:00



11:25

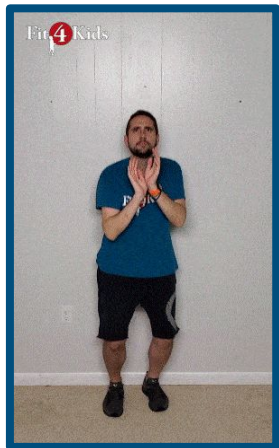
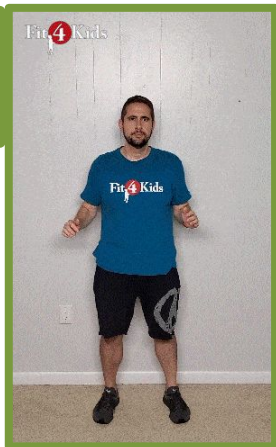
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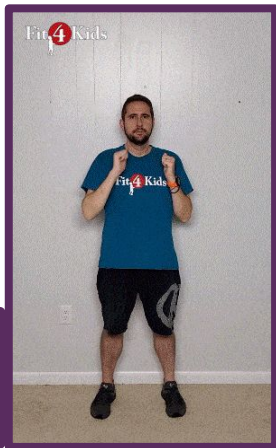
2:35

7:02



2:30

7:10





4:25

4:20

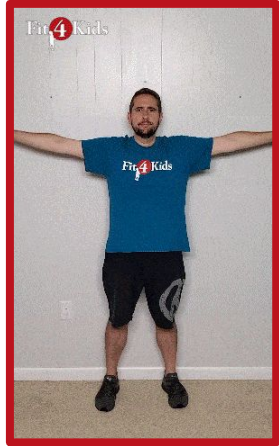


5:20

5:04

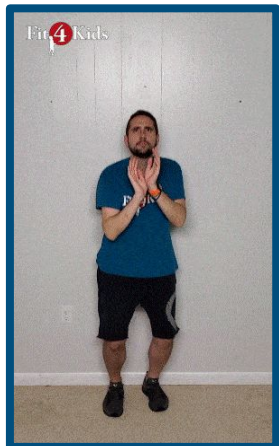
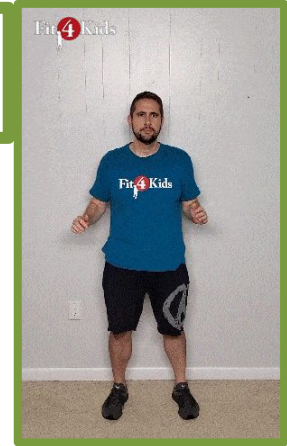






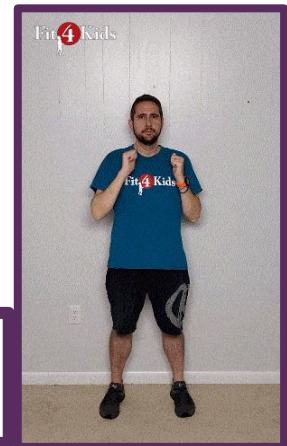
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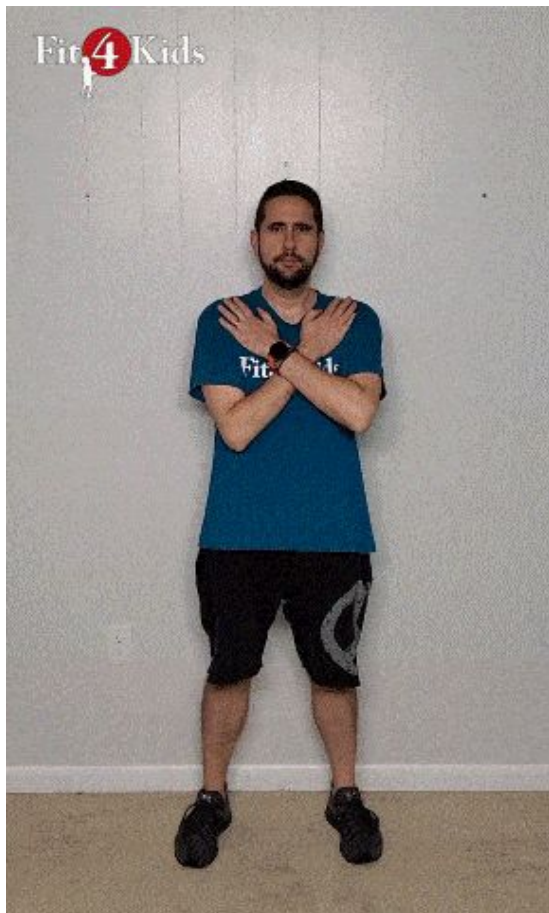
2:10



1:50

2:50





Mummy



Pretzel

