

**Blizzard Bag**  
**Kindergarten**  
**Physical Education**

**Day 1:** Complete the following exercises: 8 jumping jacks, touch your toes 8 times, run in place for 15 seconds and do 8 small arm circles forward and 8 small arm circles backwards.

**Day 2:** Dance to your favorite song(s).

**Day 3:** Complete the following exercises: 8 jumping jacks, touch your toes 8 times, 8 shoulder circles, jump on two feet for 10 seconds, balance on your right leg for 10 seconds and balance on your left leg for 10 seconds.