

## Setup

- Set up stations around the playing area.
- Participants can choose which station they want to start at.



## Instructions

- Explain the stations:
  - Jump: Squat as low as you can and then jump to the sky or from side to side.
  - Move: March in place or step and touch from side to side.
  - Stretch: Do a side bend or forward lunge.
- Give participants one minute at each station to complete the activity as many times as they can.
- Provide 30 seconds to move to the next station.
- Participants rotate to each station at least twice.

## Modifications

- Have participants come up with the activity for each station.