

ROCK @ CAMDEN

Activity Name: Spin-An-Exercise

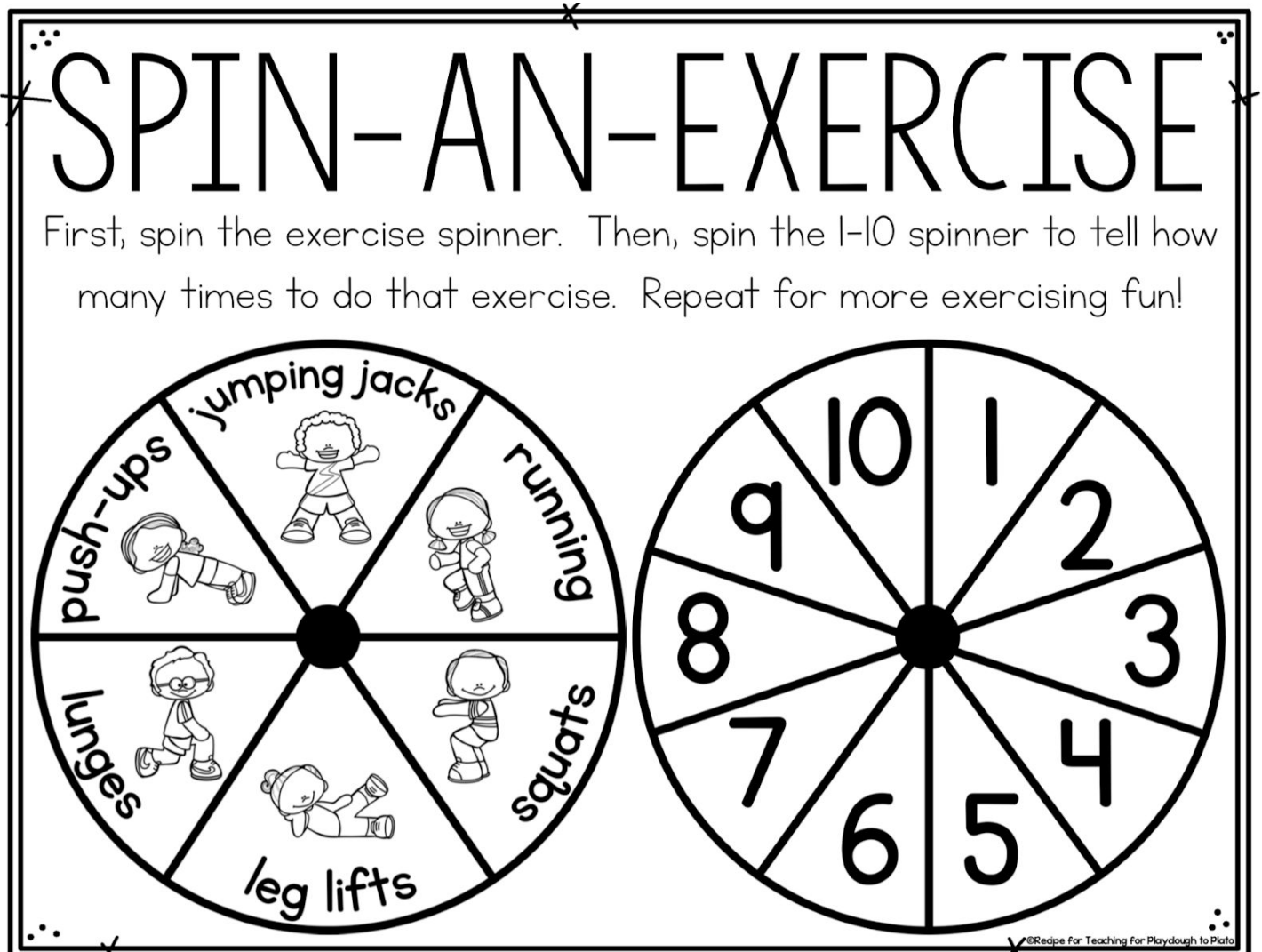
Description of Activity and Performance Objective.

This activity allows your children to get moving and let out the jitters they may have from working on a computer all day! It is extremely fun and easy to follow. Throw some music on and start moving!

Identify and gather necessary equipment including quantity

Printer

Step-by-Step instructions.



SPIN-AN-EXERCISE

First, spin the exercise spinner. Then, spin the 1-10 spinner to tell how many times to do that exercise. Repeat for more exercising fun!

