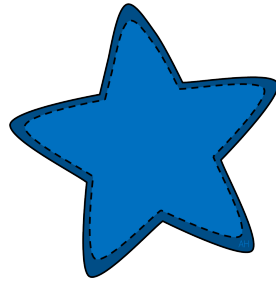


100
exercises
FOR THE
100th Day Of
SCHOOL!



created By First grade Buddies

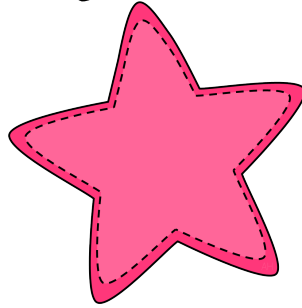
10 Knee Raises



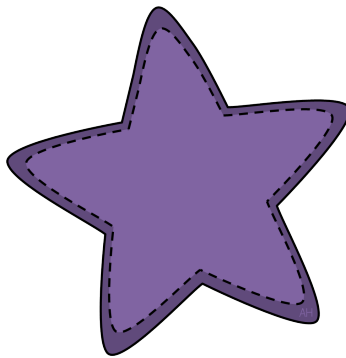
Run in Place and
Count to 10



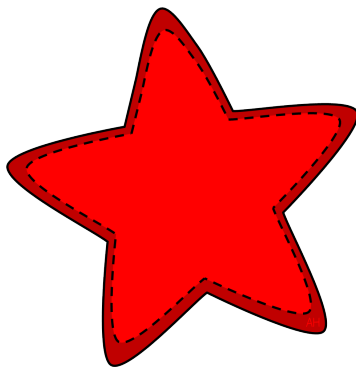
10 leg lunges



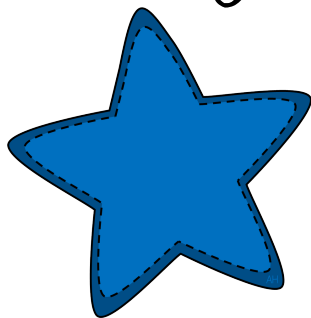
10 Hops Side to Side



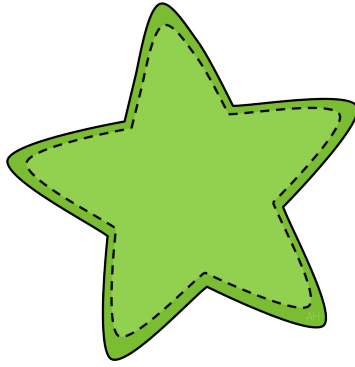
10 Hops on One Foot



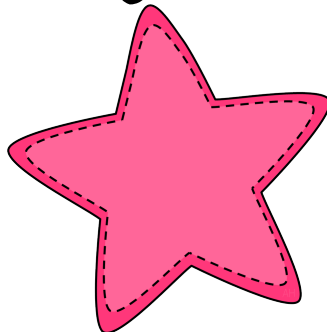
10 Jumping Jacks



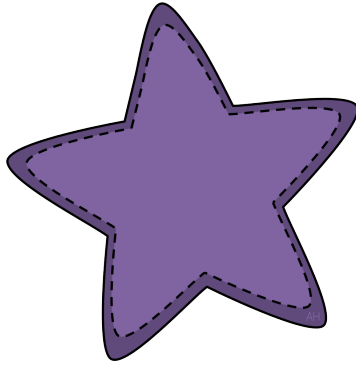
10 Jumps in Place



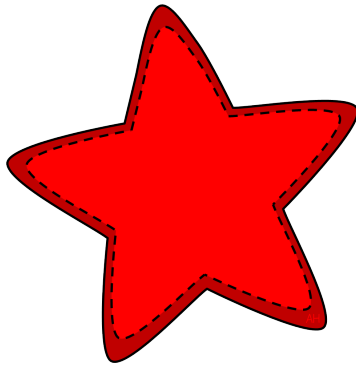
10 leg Kicks



10 Toe Touches

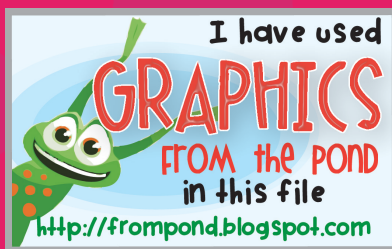


10 Squats



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