

Endurance Level 1

Jumping Jacks

1. Jump up and spread your legs apart as you swing your arms over your head.
2. Jump again and bring your arms back to your sides and your legs together.



Featuring Special Olympics athlete, Matthew Whiteside



Endurance Level 1

March and Swing Arms

1. March in place. Lift your knees up as high as you can. Go at a steady pace.
2. As you bring your knee up, swing the opposite arm in front of you.
3. Switch your arms when you switch your legs.



Featuring Special Olympics Global Messenger, Benjamin Collins



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Quick Punches

1. Put both your hands in fists by your chest. Keep your elbows down by your side. Stand with your feet a little wider than your shoulders. Bend your knees slightly.
2. Turn toward your left side. Punch your right arm in that direction.
3. Return to the center with both hands in fists by your chest and elbows down by your side.
4. Now, turn toward your right side. Punch your left arm in that direction.



Featuring Special Olympics Global Messenger, Joe Wu

