

# 12 Days of Fitness



12 easy reading Christmas PE tasks

On the 2nd day of fitness  
my true love sent to me...



**2 Partner Turns**



On the 5th day of fitness  
my true love sent to me...



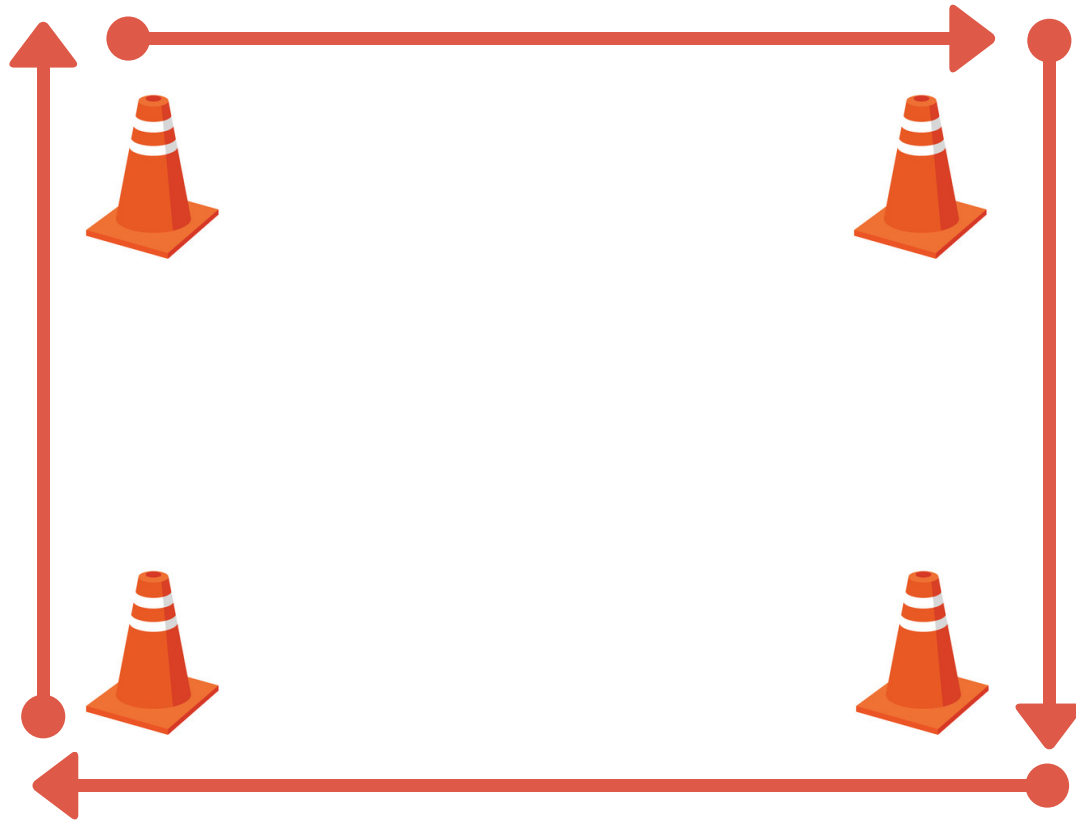
**5 Reindeer Runs**



Making Physical Education teaching simple, fun and engaging



On the 1st day of fitness  
my true love sent to me...



1 Running Lap



On the 2nd day of fitness  
my true love sent to me...



2 Partner Turns



On the 3rd day of fitness  
my true love sent to me...



## 3 Present Walks

Balancing equipment on your hand



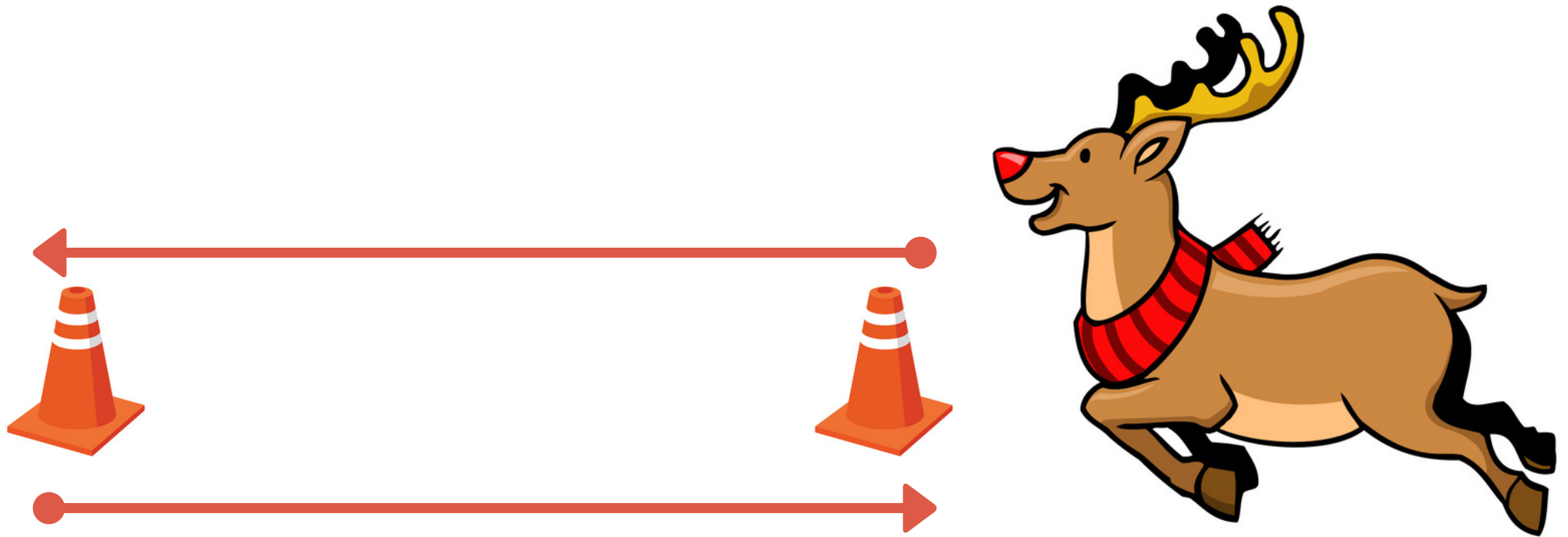
On the 4th day of fitness  
my true love sent to me...



4 Half Jump Turns



On the 5th day of fitness  
my true love sent to me...

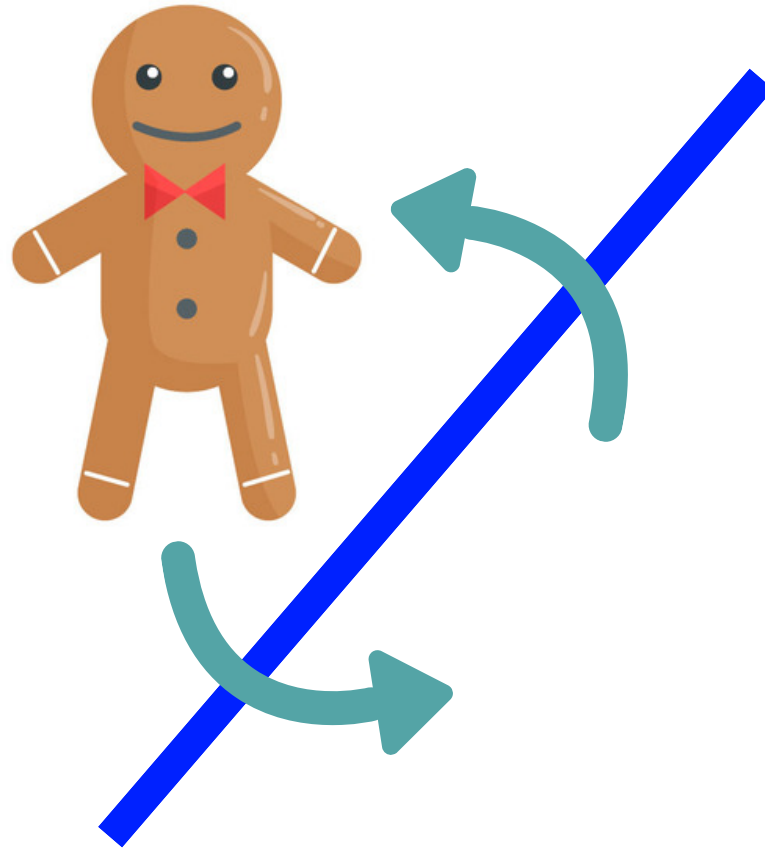


# 5 Reindeer Runs

Using hands and feet



On the 6th day of fitness  
my true love sent to me...



6 Line Jumps



On the 7th day of fitness  
my true love sent to me...



# 7 Bench Jumps

2 footed jump





On the 8th day of fitness  
my true love sent to me...



8 Mountain Climbers



On the 9th day of fitness  
my true love sent to me...



9 High Knees



On the 10th day of fitness  
my true love sent to me...



10 Jumping Jacks



On the 11th day of fitness  
my true love sent to me...



11 Hoppy Hops



On the 12th day of fitness  
my true love sent to me...



# 12 Bench Bunny Hops

Hands on bench and jump feet over the bench side to side

