

Movement List - choose one and add your name.

Movement	Name
Performing a squat	
Pedaling a bike	
sit-ups	
Swimming (you choose the stroke)	
Hitting a baseball with a bat	
Spiking a volleyball	
Performing a layup shot	
Catching a football	
Leaping a hurdle	
Pushing off a starting block at the start of a race	
Shoveling snow	
Playing the fight song on a musical instrument while marching	
Throwing a discus or shot put	
Dribbling a basketball down the court	
Throwing a football	
Hitting a golf ball	
Doing a pushup	
Bench press	
Dumbbell Curls	