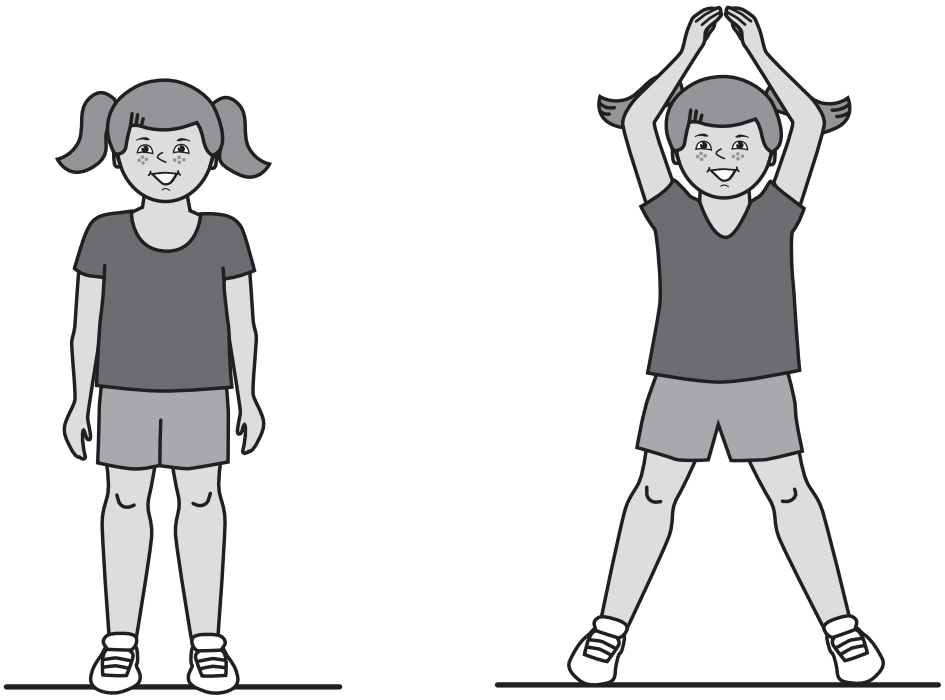
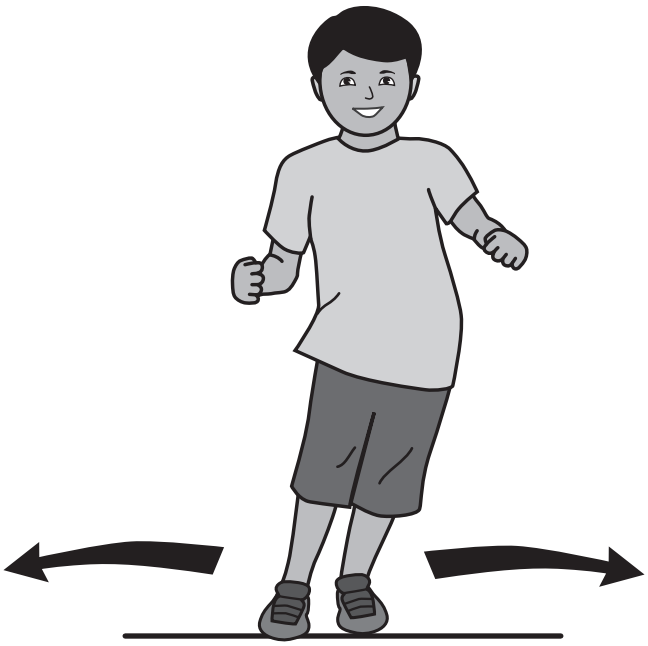
JUMPING JACKS



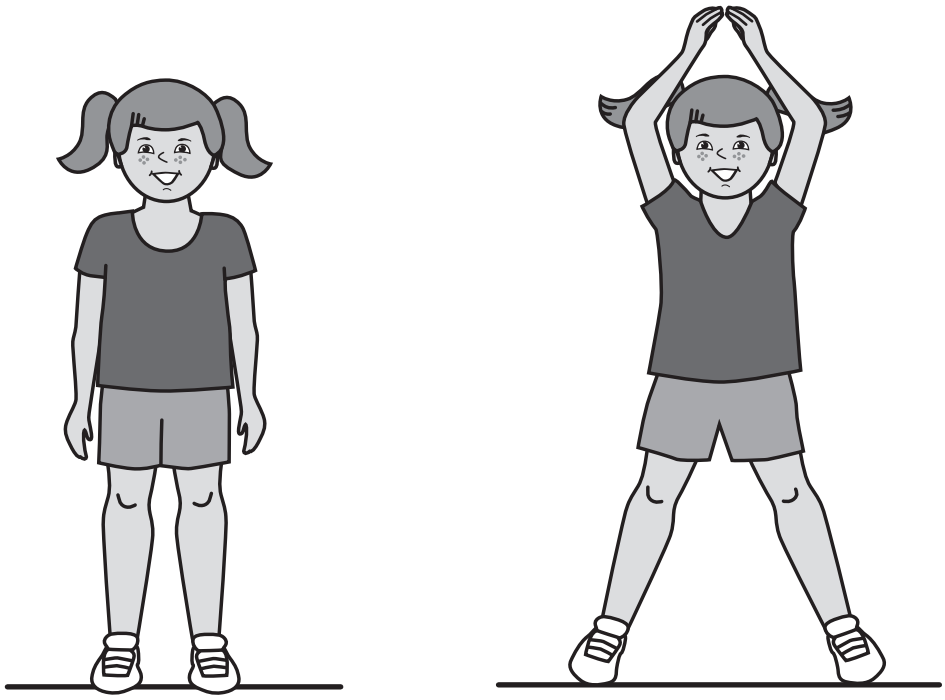
STATIONARY | AEROBIC FITNESS | SPARK™ 3-6 FITNESS CIRCUITS

SKIER



STATIONARY | AEROBIC FITNESS | SPARK™ 3-6 FITNESS CIRCUITS

CUERDA DE SALTAR

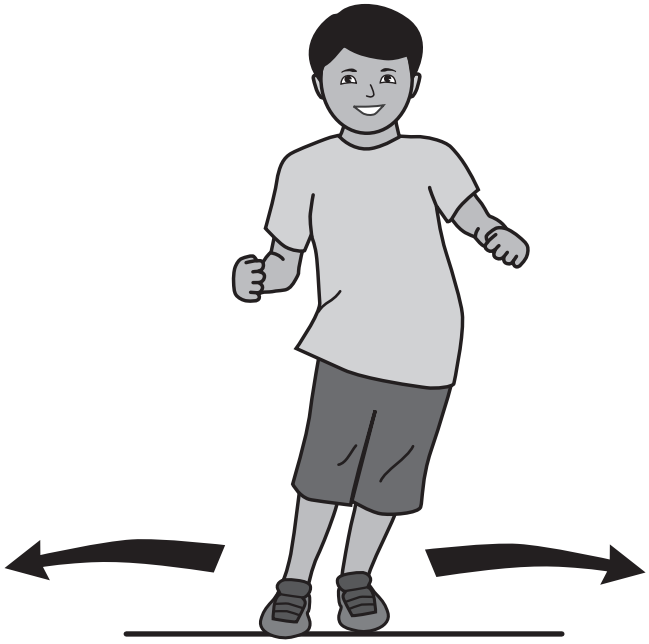


JUMPING JACKS

AEROBIC FITNESS

SPARK™ 3-6 FITNESS CIRCUITS

ESQUIADOR



SKIER

AEROBIC FITNESS

SPARK™ 3-6 FITNESS CIRCUITS

WALK

TRAVELING AEROBIC FITNESS

SPARK™ 3-6 FITNESS CIRCUITS

JOG

TRAVELING AEROBIC FITNESS

SPARK™ 3-6 FITNESS CIRCUITS

CAMINAR

WALK

AEROBIC FITNESS

SPARK™ 3-6 FITNESS CIRCUITS

HACER FOOTING

JOG

AEROBIC FITNESS

SPARK™ 3-6 FITNESS CIRCUITS

TIP-TOE WALK

TRAVELING AEROBIC FITNESS

SPARK™ 3-6 FITNESS CIRCUITS

MARCH

TRAVELING AEROBIC FITNESS

SPARK™ 3-6 FITNESS CIRCUITS

CAMINAR DE PUNTILLAS

TIP-TOE WALK

AEROBIC FITNESS

SPARK™ 3-6 FITNESS CIRCUITS

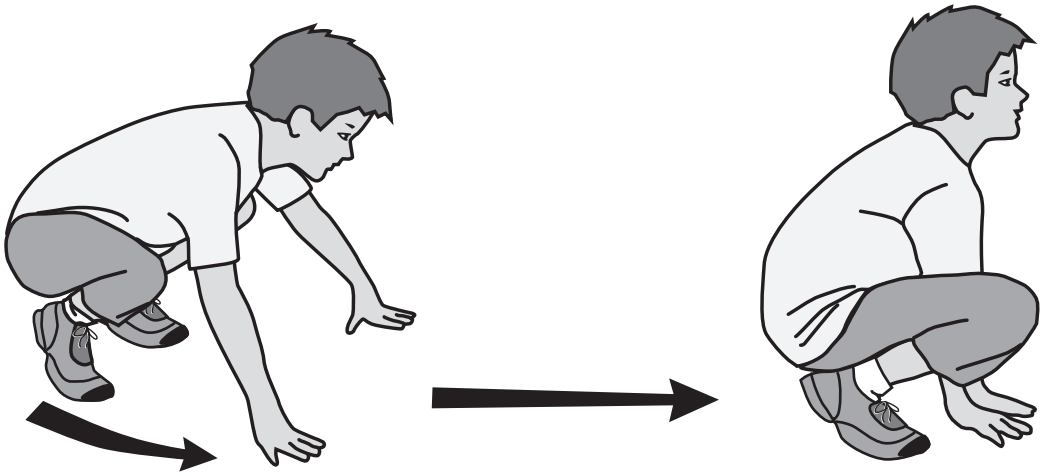
MARCHAR

MARCH

AEROBIC FITNESS

SPARK™ 3-6 FITNESS CIRCUITS

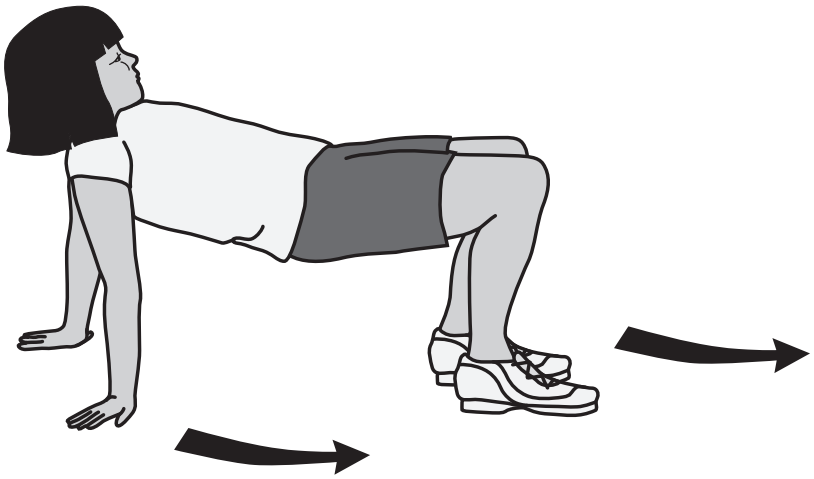
FROG JUMP



ANIMAL TRACKS AEROBIC FITNESS

SPARK™ 3-6 FITNESS CIRCUITS

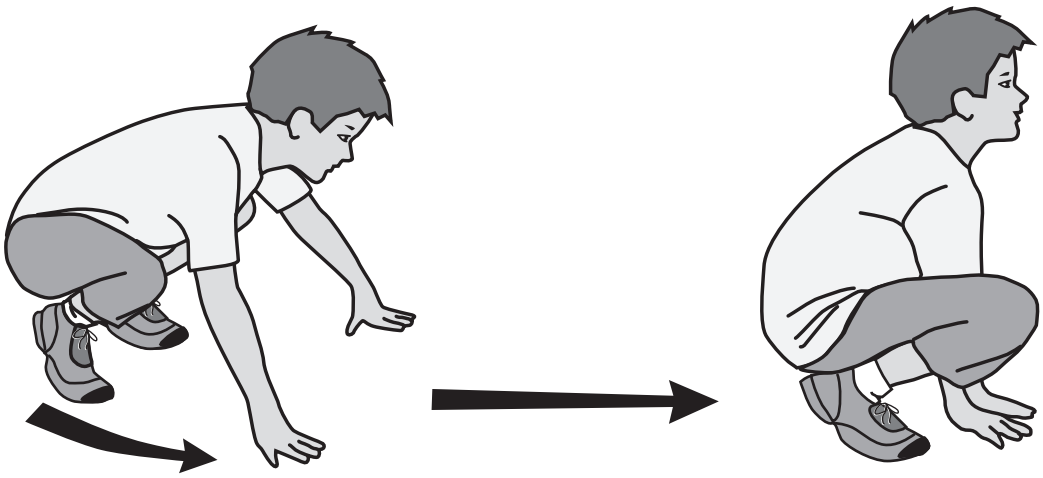
CRAB WALK



ANIMAL TRACKS AEROBIC FITNESS

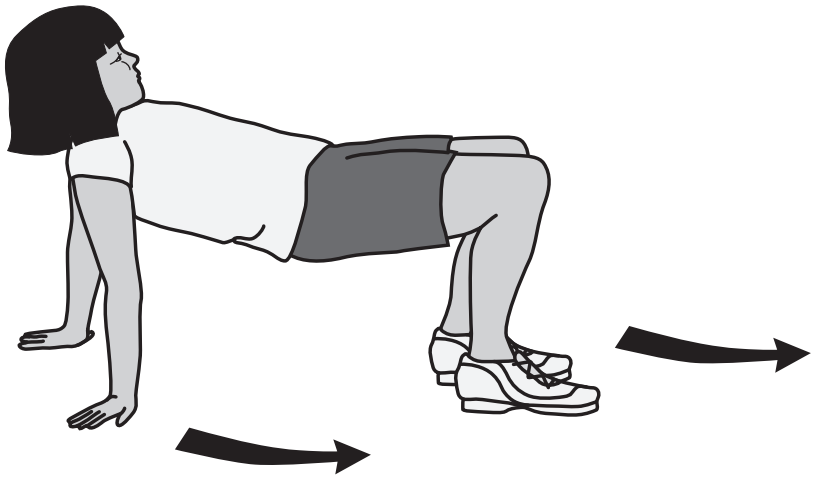
SPARK™ 3-6 FITNESS CIRCUITS

SALTO DE RANA



FROG JUMP | AEROBIC FITNESS | SPARK™ 3-6 FITNESS CIRCUITS

CAMINAR COMO UN CANGREJO



CRAB WALK | AEROBIC FITNESS | SPARK™ 3-6 FITNESS CIRCUITS

FOOD FACT #9

Drinking milk that is lowfat or nonfat can help provide calcium to build strong bones.

Name 5 other foods that are in the milk group.

Where else can you get calcium?

FOOD FACT #10

Eating lean or lowfat meats, fish or poultry is a great way to get protein. Ask for it baked, boiled or grilled – not fried.

What other foods are great sources of protein? Name 3 that you like.

HECHO DE COMIDA #9

Si bebes leche baja en grasa o descremada puede ayudar a proporcionar calcio para crecer huesos fuertes.

¿Cuáles son otros alimentos en el grupo de la leche?

¿De qué otro sitio puedes conseguir calcio?

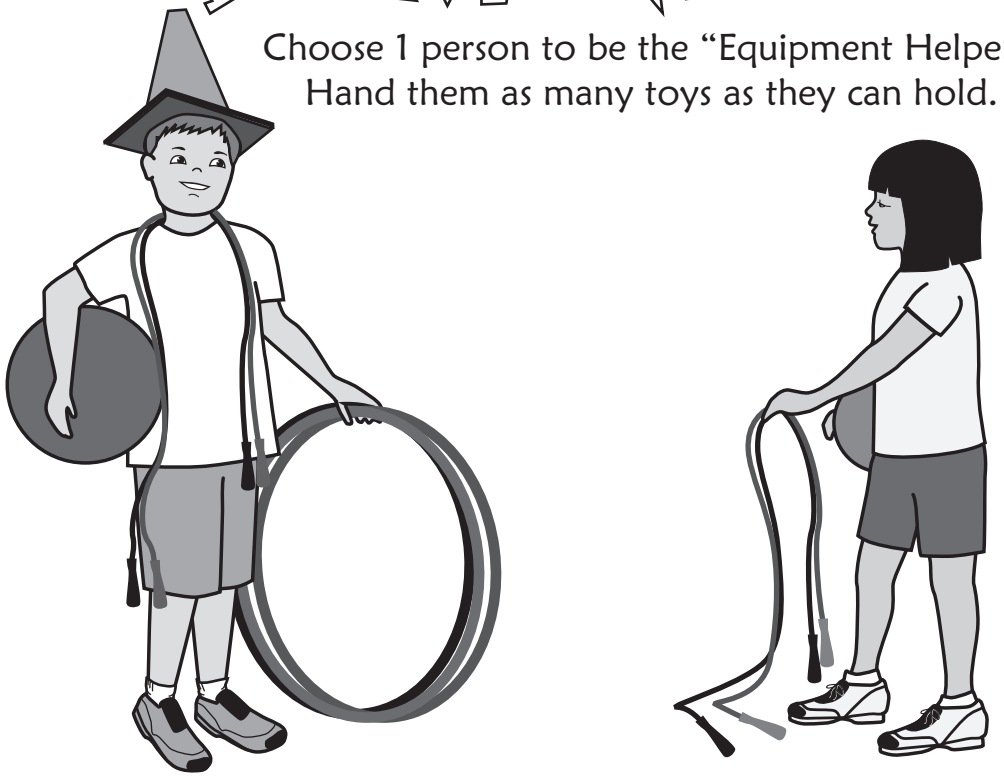
HECHO DE COMIDA #10

Si comes carne sin grasa o baja en grasa, pescado o carne de ave es una forma buena de conseguir proteína. Pídelo cocido, hervido, o a la parrilla – pero no frito.

¿Cuáles otros alimentos son buenas fuentes de proteína? Nombra 3 que te gustan.

EQUIPMENT HELPER

Choose 1 person to be the "Equipment Helper."
Hand them as many toys as they can hold.

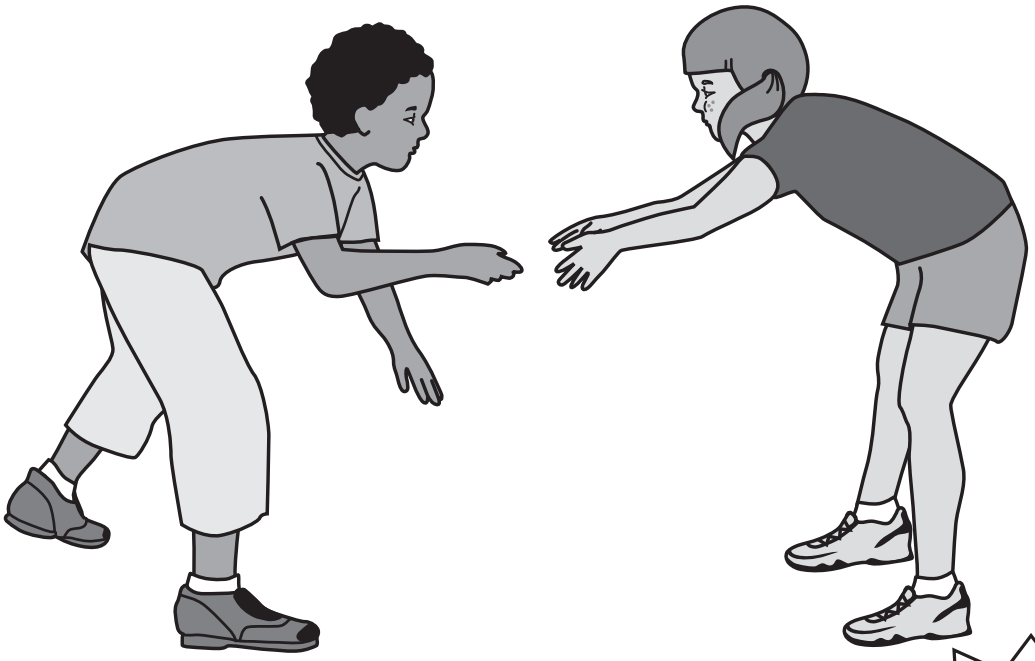


PERFORMANCE RELATED

SPARK™ 3-6
FITNESS CIRCUITS

KNEE TAG

On signal, try to tag each other's knees.

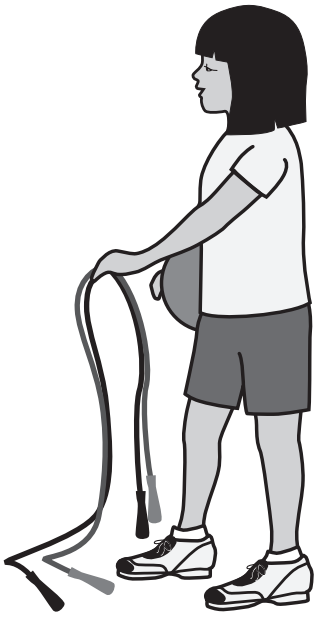


PERFORMANCE RELATED

SPARK™ 3-6
FITNESS CIRCUITS

ENCARGADO DE ARTÍCULOS DEPORTIVOS

Escoge a una persona para ser "Encargado de Artículos Deportivos." Dale tantos juguetes como pueda aguantar.

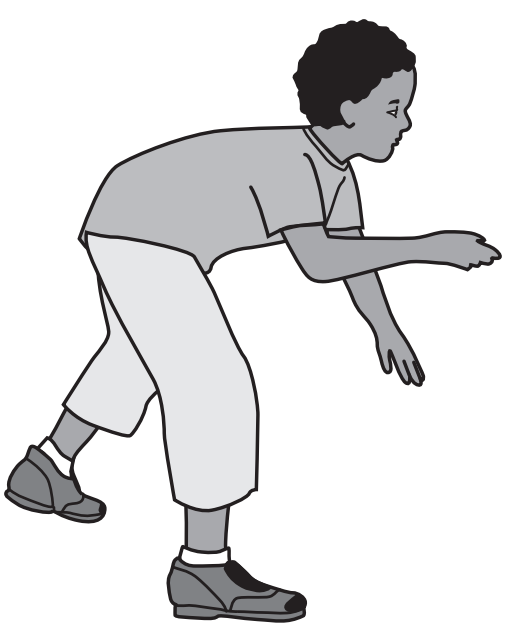


EQUIPMENT HELPER PERFORMANCE RELATED

SPARK™ 3-6 FITNESS CIRCUITS

TOQUE DE RODILLA

Cuando den la señal, juega al corre que te pillo intentando tocar las rodillas de los otros.



KNEE TAG PERFORMANCE RELATED

SPARK™ 3-6 FITNESS CIRCUITS