



find a partner to seesaw with for 3 minutes



swing as high as you can. but do not jump off



high five 15 different people



do 25 sky jumps



jog 5 laps around the playground



do 10 pushups



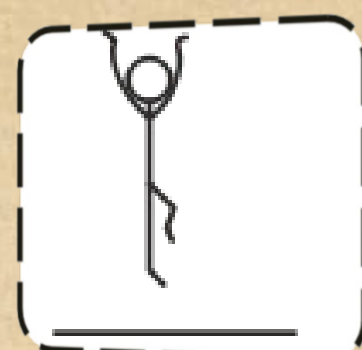
dribble a soccer-ball from one corner of the school to the other and back (no long kicks)



do 20 curl ups



try juggling a soccer ball 5 times in a row



do 10 bur-pees