

## **Twizzler Twist**

Needs: Space

Targets:

- Increase students' heart rate

Procedures:

- Feet together
- Twist body down and touch the ground
- Twist up and reach for the sky
- Repeat 5 times
- Add on
  - Twist down and when you twist up you are going to jump in the air
  - Repeat 5 times
- Add on
  - Twist down touch, twist up and star jump
    - Star jump – legs and arms wide in a star shape
  - Repeat 5 times
- Take a deep breath in and exhale

Common problems and fixes:

Make sure students twist all the way down to the ground and then twist all the way up with a jump.