

Step up and down off the stage 10 times	Run the full length of the basketball court 3 times	Jump Rope 20 times
Complete 10 pushups	Make 3 baskets with basketball	Complete 4 chin-ups (with help if needed)
Jog 2 laps around the outside of the gym while dribbling	Complete 20 sit-ups while holding basketball	Complete 10 triceps pushups with the stage

Tic -Tack -Toe

