



Upper Body and Core Strength Fun Deck®

#FD-106



Prompt:		Date:	/	/	/	/	/	/	/	/	/	/	/	/	/	
Core (Trunk)	1. Twist or Dance															
	2. Ball Pass															
	3. Heavy Bucket Pick Up															
	4. Windmills															
	5. Tree in the Wind															
	6. Log Roll															
	7. Riding a Bicycle															
	8. Fly Like a Superhero															
	9. Swimming															
	10. Roly-Poly															
Shoulders	11. Bridges															
	12. Train															
	13. Airplane															
	14. Fly Like a Bird															
	15. Propeller															
	16. Climb a Ladder															
	17. Boxing															
	18. Conduct an Orchestra															
	19. Paint the Wall Up and Down (One Arm)															
	20. Paint the Wall Up and Down (Both Arms)															
	21. Erase the Board Up and Down															
	22. Erase the Board Side to Side															
	23. Draw a Large Happy Face															
	24. Draw a Large Sad Face															
	25. Draw a Large Surprised Face															
	26. Draw a Large Mad Face															
	27. Draw Large Wheels															
	28. Disappearing Circle															
	29. Racetrack															
	Arms	30. Write Your Name BIG!														
31. "Row, Row, Row Your Boat"																
32. Jumping Jacks																
33. Elephant Walk																
34. Towel Folding																
35. Bear Walk																
36. "Hokey-Pokey"																
37. Wall Push-Ups																
38. Jumping Rope																
39. Chair Push-Ups																
40. Crab Walk																
41. Tug of War																
42. Towel Curls																
43. Wheelbarrow Walk																
44. Seal Walk																
Wrists and Hands	45. Overhead Ball Throwing															
	46. Tunnel Crawl															
	47. Rev Up a Motorcycle															
	48. Shake Your Sillies Out															
	49. Plant a Seed															
	50. Bouncing Ball															
	51. "Open Them, Shut Them"															
	52. "Itsy Bitsy Spider"															
	53. Finger Erasing															
	54. "Where is Thumbkin?"															
Stretches	55. Stretches (a, b)															
	56. Stretches (c, d, e)															
Totals:																

Symbol Key: = correct response = incorrect response = _____





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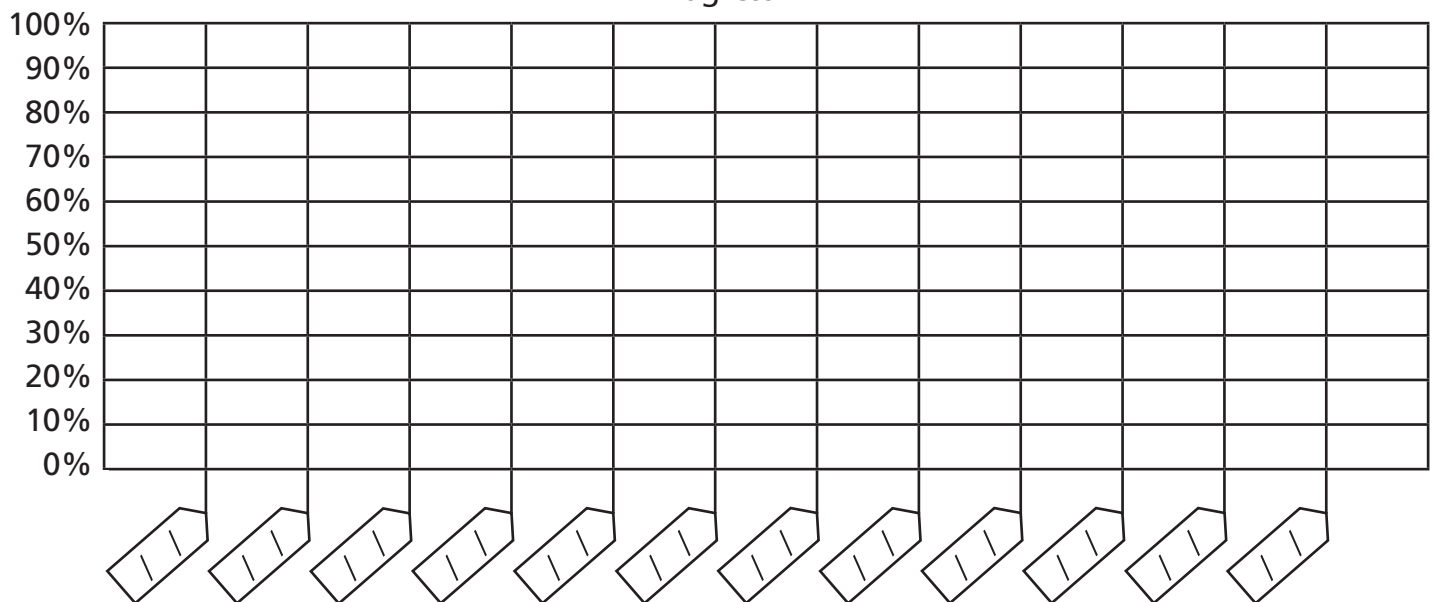
Student: _____

D.O.B.: _____

I.E.P. Due: _____

Goal: _____

Progress:



Notes: _____

Recommendations: _____

