

# Classroom Champions LIVE

## Winter Games Movements

### Opening Ceremonies

#### - March Into the Opening Ceremonies

March in place for 1 minute

#### Warm Up For Your Event

10 Jumping Jacks

20 seconds High Knees

20 seconds Kick Heels to Your Butt

1 minute stretch

### Race Day

#### - Hockey

30 secs Bounce back and forth side to side

Practice your slapshot motion

#### Figure Skating

30 secs Mimic skating in place

2x Spin while balancing on one leg (then switch)

2x Spin on both legs with your arms up

#### Bobsled

10 secs Sprint in place getting ready to start push

10 secs Jump up and down into the bobsled

30 secs Crouch down - giggle for g-forces

#### Ski Jump

Start in low tuck position and jump into the air x5

#### Cross-Country Skiing

30 secs stride in place, pick up tempo for the uphill

5 lunges for the finish line (then switch legs)

### Closing Ceremonies

#### - March Into the Closing Ceremonies

March in place, slowly, for 1 minute

#### Say Thank You and Goodbye

Wave goodbye and say thank you to your fans!



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