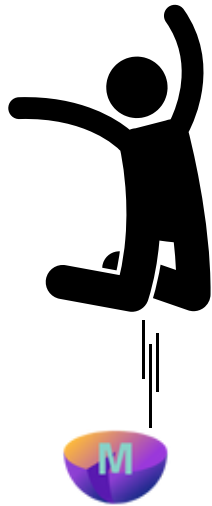


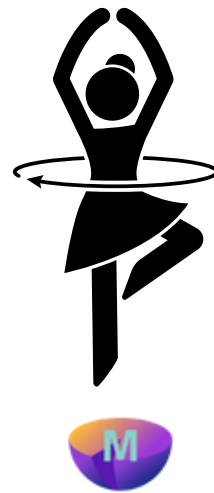
Jump



Red

Jump up with both feet

Spin



Blue

Turn around in a full circle

Hop



Yellow

Hop forward on one foot

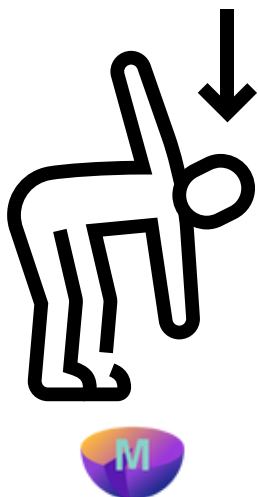
Run in place



Green

Run without moving forward

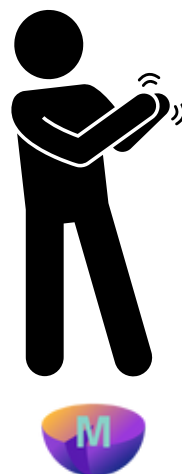
Touch the ground



Orange

Bend down and touch the floor

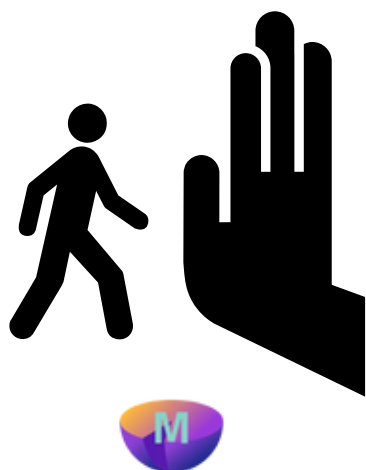
Clap



Purple

Clap your hands quickly three times

Freeze



Pink

Stop moving completely

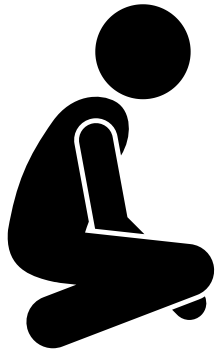
March



Brown

Lift knees high while marching in place

Crouch



Black

Squat low to the ground

Wave



White

Wave both hands high in the air

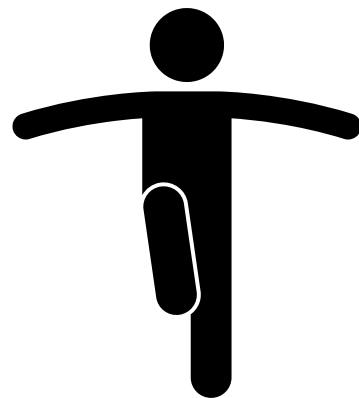
Touch your toes



Grey

Bend and touch your toes without bending
your knees too much

Balance on one foot



Gold

Hold for 3 seconds