# PURPLE FLOOR
# SOF Stretch & Strong




- Straddle up and down crayon
- Forward roll down cheese
- Grab beach ball and stretch to the ceiling and walk on tippy toes *(modify as needed for class/ student)*
- Place ball back in bucket + jump in pool
- Crawl through tunnel
- Army crawl under ropes
- Kids walk around back to jump to front support feet on wall feet, look at toes say “hello toes!” shift back up- focus is the shift back up *(RED can go just as far as possible)*
- Pullover
- Handstand hands on circle feet on cheese mat