
Walk	Walk forward	Walk backward	Walk slowly	Walk fast
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Run	Run forward	Run backward	Run slowly	Run fast
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Jump	Jump high	Jump to your right	Jump to your left
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Skip

Hop	Hop forward	Hop backward	Hop on your right leg	Hop on your left leg
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Leap	Leap forward	Leap backward
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Turn	Turn on your right	Turn on your left	Turn around
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Rotate	Rotate your head	Rotate your arms	Rotate your right arm	Rotate your left arm
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Clap your hands

Touch your head

Touch your
shoulders

Touch your right
shoulder

Touch your left
shoulder

Throw

Catch

Move

Move slowly

Move fast

Move your arms

Move your head

Kick your leg

Kick your right leg

Kick your left leg

Raise your hand

Raise your
shoulders

Raise your arms

Stand still

Freeze

Push

Pull

Crouch

Stand up

Sit down