INSTRUCTIONS:

• Have instructor instruct students to gather in a small circle of 3-4.
• Place a water bottle in the center of the circle upside down.
• Inform students they must flip the water bottle until it is standing perfectly balanced.
• To begin, students must jog in place.
• Take turns flipping the water bottle while continuously jogging.
• Once a student lands the water bottle perfectly balanced.
• He/she has the power to change the exercise!
• Play until everyone has had a chance to change the exercise 2-3 times!

VARIATIONS:

• Music (optional) freeze in the exercise position until the music plays again!
• Different exercises: jumping jacks, jumping, high knees, & Mario’s etc.
• Play using dance moves!