

Watch your Steps

Follow the instructions to complete the activity.

NAME

DATE

Place the steps needed to perform Scooping from the Sea in order using the boxes beside the statements.

Bring your hands up over your head. Slowly separate your hands and shift your weight back to your right foot. Breathe out.

Breathe in.

Stand with your left foot in front of you and left knee bent. Shift your weight slightly to the left side.

Open your arms wide, and bend forward to scoop again.

Repeat this move with the right foot forward.

Bend forward at your waist and bring your hands in front of you. Stack your hands with the palms facing up.

