

On the First day of
Isolation my teacher said
to me...

Do a 30 second

Floss..ie



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On the *second* day of
isolation my teacher
said to me...

2 Turning Jumps
& a 30 second Floss...ie



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On the Third day of
Isolation my teacher
said to me...

3 Burpees

2 Turning Jumps

& a 30 second Floss...ie



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On the Fourth day of
isolation my teacher said to
me...

4 Heel Kicks

3 Burpees

2 Turning Jumps

& a 30 second Floss...ie



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On the **Fifth** day of Isolation my
teacher said to me...

5 Star Jumps

4 Heel Kicks

3 Burpees

2 Turning Jumps

and a 30 second Floss...ie



On the *Sixth* day of Isolation
my teacher said to me...

6 Circle Claps

5 Star Jumps

4 Heel Kicks

3 Burpees

2 Turning Jumps

and a 30 second Floss..ie



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On the *Seventh* day of Isolation my teacher
said to me...

7 Knee Lifts

6 Circle Claps

5 Star Jumps

4 Heel Kicks

3 Burpees

2 Turning Jumps

and a 30 second Floss..ie



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On the *Eighth* day of Isolation my teacher
said to me...

8 Tuck Jumps

7 Knee Lifts

6 Circle Claps

5 Star Jumps

4 Heel Kicks

3 Burpees

2 Turning Jumps

and a 30 second Floss..ie



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On the Ninth day of Isolation my teacher said to
me...

9 Head, Shoulders, Knees & Toes

8 Tuck Jumps

7 Knee Lifts

6 Circle Claps

5 Star Jumps

4 Heel Kicks

3 Burpees

2 Turning Jumps

and a 30 second Floss..ie



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On the Tenth day of Isolation my teacher said to
me...

10 Fist Pumps

9 Head, Shoulders, Knees & Toes

8 Tuck Jumps

7 Knee Lifts

6 Circle Claps

5 Star Jumps

4 Heel Kicks

3 Burpees

2 Turning Jumps

and a 30 second Floss..ie



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On the Eleventh day of Christmas my teacher said to me...

11 Twisting Jumps

10 Fist Pumps

9 Head, (Shoulders, Knees &) to Toes

8 Tuck Jumps

7 Knee Lifts

6 Circle Claps

5 Star Jumps

4 Heel Kicks

3 Burpees

2 Turning Jumps

and a 30 second Floss...ie



Tweet pictures/videos @southseftonssp

On the *Twelfth* day of Isolation my teacher said to me...

12 Lunges

11 Twisting Jumps

10 Fist Pumps

9 Head, (Shoulders, Knees &) to Toes

8 Tuck Jumps

7 Knee Lifts

6 Circle Claps

5 Star Jumps

4 Heel Kicks

3 Burpees

2 Turning Jumps

and a 30 second Floss..ie



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On the Thirteenth day of Isolation my teacher said to me...

13 Marches

12 Lunges

11 Twisting Jumps

10 Fist Pumps

9 Head, (Shoulders, Knees &) to Toes

8 Tuck Jumps

7 Knee Lifts

6 Circle Claps

5 Star Jumps

4 Heel Kicks

3 Burpees

2 Turning Jumps

and a 30 second Floss..ie



Tweet pictures/videos @southseftonssp

On the *Fourteenth* day of Isolation my teacher said to me...

14 Jog on spot

13 Marches

12 Lunges

11 Twisting Jumps

10 Fist Pumps

9 Head, (Shoulders, Knees &) to Toes

8 Tuck Jumps

7 Knee Lifts

6 Circle Claps

5 Star Jumps

4 Heel Kicks

3 Burpees

2 Turning Jumps

and a 30 second Floss..ie



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