

WORKSHEET

WARM UP

PARTICIPATION ACTIVITIES

Watch the video demonstration that describes how to complete **Daily Warm Up Participation Activities**.

Complete this worksheet as you watch.

I. Write each step out in its entirety as listed in the video.

Feel free to pause the video. EACH STEP IS NUMBERED IN THE VIDEO.

1.

2.

3.

4.

5.

6.

7.

8.

9.

II. How long should a Warm-Up Participation Activity take.....
Start to Finish..?