

Parade March

Imagine you are in a parade. Marching proudly in place (or around the room), waving your flag, and waving to the crowd.



You're a Firework!

Pretend you're a firework. Start low to the ground and blast off in the air 10 times!



Statue of Liberty

Can you pose like the statue of liberty? Balance for 10 seconds.



50 States

The USA has 50 states. Do one jump (or sky reach or any move) for each state!



Ring the Liberty Bell

Swing your arm from side to side like you are ringing the liberty bell. Switch arms. Ring the bell 10 times with each arm!



13 Stripes

There are 13 stripes on the USA flag. Do 13 squats for each stripe!



Marching Band

You are in a marching band. Decide what instrument you play. March around the classroom playing that instrument!



You Can Be Anything!

We are lucky to live in a free country where you can be anything you want to be, as long as you are willing to work for it. Act out what you want to be!



Border courtesy of <https://www.teacherspayteachers.com/Store/Le-Designs>

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