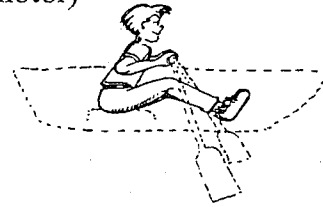


ADVENTUROBICS

ACTIVITY LIST

I. Getting To And From Your Destination

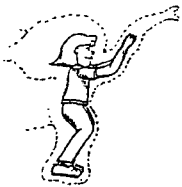
- Ride Bikes (with legs and arms)
- Walking, running and jumping (non-locomotor and locomotor)
- Climb trees
- Row boats, canoes and kayaks (with legs and arms)
- Swim (all the strokes)
- Move like planes, trains, helicopters and cars
- Ski



II. Types of Adventures and Activities

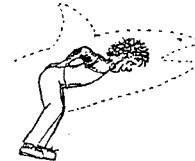
A. Jungle Journey

- Lions - walking, waving, dancing, rolling and balancing on three legs
- Elephants - waving, making circles and eating with their trunks, and dancing
- Giraffes - stretching, eating, waving and running
- Buffaloes - galloping, limping, waving and dancing
- Snakes - waving their tails, lifting their heads, rolling and crawling on back and stomach
- Monkeys - swinging, dancing and throwing coconuts
- Turtles - crawling on elbows and knees



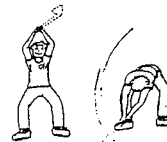
B. Ocean Voyage

- Crabs - waving, walking, ballet dancing, rocking and rolling
- Eels - just like snakes except they can swim
- Octopus - swimming, waving or dancing
- Shark
- Dolphin - swimming, jumping and laughing
- Clam - opening and closing it's shell
- Snails



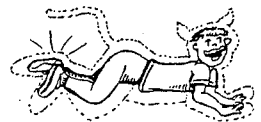
C. Train Ride Travel Around The Country To Load Different Things On The Train

- Chopping logs and rolling them on to the train
- Picking vegetables on a farm
- Shoveling sand
- Chopping coal



D. Working Out On The Farm

- Riding tractors, horses and bulls
- Stacking hay
- Planting seeds
- Milking cows
- Mules, chickens, pigs and cows



E. The Circus

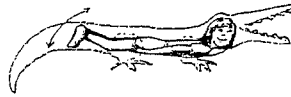
- Parade - march around to a beat and play instruments a variety of ways
- Clowns - being silly, laughing, juggling and making people laugh
- Elephants - moving as a group with connected trunks, bowing and waving
- Acrobatic dogs - chasing their tails, balancing and jumping through hoops
- Lions and lion tamers
- Tight rope walkers - walking and balancing different ways

F. Take Me Out To The Ball Game

- Imitate all the different things you can do in different sports
- Imitate the players as well as the fans and balls

G. Taking A River Trip

1. Fly fishing - casting and reeling it in
2. Paddling different boats - kayaks, canoes, rafts... etc
3. Otters - playing in the water by themselves and as a group
4. Frogs - leaping and croaking
5. Alligators
6. Ducks and Geese
7. Swimming and floating



H. Dancing around the USA and the world

1. Boston - waltzing
2. Pittsburgh - ballet
3. New York City - Broadway show tunes
4. Kentucky - clogging
5. Tennessee - square dancing
6. Kansas City - tap dancing
7. Detroit - twisting
8. California - rock and roll
9. Mexico - Latin music and of course the hat dance
10. Jamaica - reggae
11. African music
12. Native American music

I. Insects

1. Spiders
2. Mosquitoes
3. Grasshoppers... etc