



The Floor Is Lava! 10-Minute PE Adventure

Mary Moste



Welcome brave explorers to today's magical expedition! Warm up by marching in place, reaching your arms high in the sky, and making big circles to get ready for action.



Oh no, the ground is turning red and bubbling everywhere! March with high knees as fast as you can to stay safe from the hot glowing streams.



Heavy footsteps shake the ground as friendly giant dinosaurs march right through the prehistoric jungle. Stomp your feet loudly and roar to show everyone how mighty you are.



A wide rushing river blocks the path across the valley. Jump and step side to side carefully over the imaginary water without getting your shoes wet.



Spread your arms wide like giant airplane wings and balance steadily on one foot as you fly through the fluffy clouds. Switch sides and soar smoothly through the sky.



Music plays in the secret treasure room as explorers dance with joy and celebration. Freeze completely still like a statue every single time the magical drumbeat stops.



The grand adventure comes to a wonderful and successful end with gentle movements and calm breathing. March very slowly in place and stretch your arms upward to the ceiling.



Breathe in deep fresh air through your nose and blow it out slowly through your mouth like a gentle breeze. Relax your shoulders and feel your happy heart beating softly.



Look high up on the shimmering pedestal where a magnificent sparkling gold trophy waits for all the brave participants. Smile brightly and celebrate your incredible active journey.



You did amazing today, true lava heroes of the adventure squad! Raise your hands high in the air and give yourselves the biggest cheer for completing the ultimate challenge.