

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- jump up & down 10 times
- spin around in a circle 5 times
- C hop on one foot 5 times
- run to the nearest door and run back
- walk like a bear for a count of 5
- do 3 cartwheels
- do 10 jumping jacks
- hop like a frog 8 times
- balance on your left foot for a count of 10
- balance on your right foot for a count of 10
- march like a toy soldier for a count of 12
- pretend to jump rope for a count of 20
- M do 3 somersaults

- pick up a ball without using your hands
- walk backwards 50 steps and skip back
- walk sideways 20 steps and hop back
- crawl like a crab for a count of 10
- walk like a bear for a count of 5
- bend down and touch your toes 20 times
- pretend to pedal a bike with your hands for a count of 17
- roll a ball using only your head
- flap your arms like a bird 25 times
- pretend to ride a horse for a count of 15
- try and touch the clouds for a count of 15
- walk on your knees for a count of 10
- do 10 push-ups

SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities.
You decide when or if you say "Simon Says"!

Shake your whole body.

Jump up and down.

Spin around in circles.

Do a cartwheel.

Do a somersault.

Wave your arms above your head.

Walk like a bear on all 4s.

Walk like a crab.

Hop like a frog.

Walk on your knees.

Lay on your back & pedal your legs in the air like you are on a bike.

Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.

Hold your arms out at your side and make circles with them in the air.

Hop on your left foot 10 times.

Hop on your right foot 10 times.

Hop around like a bunny.

Balance on your left foot for a count of 10.

Balance on your right foot for a count of 10.

Bend down and touch your toes 10 times.

Reach behind you and try and hold your right foot with your left hand without falling over.

Show off the muscles in your arms. Reach behind you and try and hold your left foot with your right hand without falling over.

Lay on the floor and stretch out as far you can for 10 a count of 10.

Pretend to shoot a basketball 10 times.

Pretend to jump rope for a count of 10.

Pretend to ride a horse.

Pretend to milk a cow.

Take 5 of the biggest steps forward that you can.

Pretend to lift a car.

Do the strangest dance you can think of.

Scream.











Finish



Do eight sit ups.



Your laces are untied! Go back to Start.

Crab walk AND sing Alphabet Song.





You're full of energy! Take another turn.



Long Jump! Stand up, take the longest forward jump you can, and then move ahead one extra space!



Jump from side to side as you count to 30.

Do seven push ups.



Count to 30 while you run in place.



Oh no! You stopped to watch TV. Go back.

Balance on one leg for 15 seconds.

Keep It Moving!



Head, shoulders, knees, toes: nine times.

Super SkipMoveAhead



You had a great warm up! Move ahead 3.



Warm up by doing 10 jumping jacks.

Rules of Play

- 1.Roll the dice.
- 2.Move the number of spaces on the dice.
- 3. When you land on a space with written directions, follow them.
- 4. If you land on a picture you must do 5 squats and 5 star jumps!
- 5.Play until someone reaches the finish. They are the winner! Who will be 2nd or 3rd?



Start