

PE THE GAME!!

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Do 30 Jumping Jacks

Jump up & down 30 times

Do 10 Push-ups

Tree Stretch for 30s

Do 10 Squats

Do high knees for 20s

Do 10 Burpees

Ah oh! Sugar slowed you down. Go back 2 spaces.

Butterfly stretch for 30 s.

20 Mountain climbers

Robot Dance for 1 min

Got sick go back 4 spaces

Balance a shoe on your head for 12s



10 crunchies

Run in place for 30s as fast as you can!



Sing your favorite song

Twist from left to right 15 times

10 Frog Jumps

Hamstring stretch, both legs for 20s

Do 8 Burpress



Name 3 fruits

Do side to side stretches for 20s

Floss dance to 1 song

Arm circlces for 30s

Give a compliment to 1 person

Too weak from not exercising go back to start!

Superman pose 30s

Do 16 jumping lunges

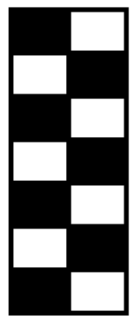
Balance on your bottom for 20s



Run to your room and back 3 times!



Give high fives to everyone



Thumb wrestle 1 person 25s



Do 12 Squat Jumps

Sit on the floor with arms crossed get up & down 10 times

Do 30 bicycle kicks



Bear Crawl around your family 4 times

Do 2 planks for 20s

Do 25 Downhill Skiers

Dance using arms & legs 1 min