Games and activities to play at home!

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Organization

Need help keeping track of your fitness activities? We suggest laminating or keeping this booklet in page protectors to make it last.

You will need some inexpensive supplies that are easy to find and each activity can be kept in any of the following:

- Shoe Box
- Tupperware
- Milk Crate
- Laundry Basket
- Cubbie Bin (if you have a cubbie wall for toys/storage)
- Zip-Lock bags
Fitnopoly

Description: An activity-based board game that’s fun for the whole family!

What you need:
- Playing Board (next page)
- Playing Piece for each player (coins, token, you name it!)
- Approximately 8 feet of clear space—move the coffee table and voila!
- One Playing Dice

Directions: Each player takes a turn, starting with the youngest. Once you roll the dice, move your playing piece the allotted number of spaces. The whole group will perform the activity. Repeat until one person lands on the “end” space. Winner gets Hi-5s from all :)
Exercise Instructions:
1. Arm Circles- stretch arms out to sides and rotate in forward or backward motion
2. Arm Plank- support body on forearms in straight position, hold for allotted time
3. Blast-off Jumps- squat down, explode arms and body jumping up
4. Burpees- squat down, extend legs back then in, stand up, repeat
5. Crab Kick- sit in crab position, kick up one leg at a time
6. Crab Push-up- sit in crab position, hands on floor, fingers facing feet, knees bent, bend/straighten arms up and down
7. Crunches- half of a sit-up
8. Dinosaur Stomp- march movement with heavy stomps into the floor
9. Frankensteins- arms straight out front, lift each leg straight out front, repeat
10. Heel Lift- lift heels, slowly, going up on toes, lower down, repeat
11. High Knees- march in place, lifting knees as high as possible
12. Hug your body- wrap your arms around yourself and give a good squeeze hug
13. Leg Hold- lay on back, legs straight, feet together and lift feet slightly, hold
14. Long Jump- stand and jump forward, feet together, as far as possible
15. Mountain Climbers- push-up position, one foot front/one back, switch, repeat
16. Quick Feet- run in place as fast as possible for the allotted time
17. Scissor Jump- jump up in jumping jack position ("X")
18. Side Step- step feet from side to side
19. Wall Sit- put back against wall, squat until your bum is even with knees, hold
20. Windmill- jumping jack position ("X"), cross hand to opposite foot, repeat for other side
**Fitness Tic-Tac-“ToNe”**

**Description:** Who says you have to play Tic-Tac-Toe sitting down? This twist on the classic pencil & paper game offers families fun physical activity while exercising together.

**What you need:**
- Playing Board (next page)
- 6 Playing Pieces for each player (checkers or token pieces in two colors)
- Approximately 8 feet of clear space—move the coffee table and voila!
- Roll a playing die (dice) or flip a coin to see who goes first

**Directions:** Player one places their colored piece on the Tic-Tac-Toe board then reads the exercise in the square. Both players do the fitness activity. Player two repeats, playing their colored piece in another square. Continue taking turns playing a piece and picking an activity until one player gets three pieces across a row, down a column, or diagonal. Cheer for the winner!
<table>
<thead>
<tr>
<th><strong>Jump 10 times over a line on the floor keeping your feet together.</strong></th>
<th><strong>Balance on 1 foot for 15 seconds (use a wall for balance if needed).</strong></th>
<th><strong>Perform 10 jumping jacks</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hop on one foot 10 times and then the other foot 10 times.</strong></td>
<td><strong>Your exercise of choice!</strong></td>
<td><strong>Push-up position, walk hands 3 times forward and back, without moving your feet.</strong></td>
</tr>
</tbody>
</table>
| **Quick Feet**  
Jog in place with quick movements for 30 seconds. | **Perform 10 sit-ups or 10 mountain climbers**  
You pick! | **Perform 10 “Skier Jumps”**  
Jumping with feet together from side to side. |
Push-up challenge

Description: Want to increase your upper body strength? Use this chart to perform a daily activity. If laminated/page protector cross off with a expo marker to use again! At the end of week 4 start back at week 1 and double each activity.

What you need:
- Approximately 8 feet of clear space—move the coffee table and voila!
- 1 roll of toilet paper
- Yoga mat (if desired)

Directions: Complete one task per day, crossing off when finished. For specific activity directions refer below:

*Up Position (arms extended, straight back)*

**Modified Push-up:** Start in the up position, slowly lowering chest and body to ground. Push body and arms to return to the up position. Repeat.

**Toilet Paper Push-up:** Place a roll of toilet paper underneath the middle of your chest, underneath the sternum. Start in the up position, slowly lowering chest to touch the roll of toilet paper. Push body and arms to return to the up position. Repeat.

**Spider Man Push-Ups:** Start in the up position and hold. Alternate knee to touch the same elbow (ex. right knee to touch right elbow), maintaining straight arms. Switch knees. Repeat.

**Standing Plank Hold:** Hold the up position.

**Shoulder Touches:** Hold the up position (arms extended, straight back). Alternate hand to touch the opposite shoulder (ex. left hand touch right shoulder) and return to the ground. Switch hands. Repeat.

**Push-Up:** Start in up position, slowly lowering body until arms are at 90 degrees. Push body and arms to return to up position. Maintain a flat body, keeping abdominals flexed. Repeat.
# Push-up Challenge Board

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Week 1</strong></td>
<td>10 Shoulder Touches</td>
<td>5 Toilet Paper Push-Ups</td>
<td>10 Second Standing Plank Hold</td>
<td>6 Spider Man Push-Ups</td>
<td>5 Modified Push-Ups</td>
<td>10 Second Standing Plank Hold</td>
<td>10 Shoulder Touches</td>
</tr>
</tbody>
</table>
ABC fitness word wall

Description: An interactive collection of letters and fitness activities you can use to motivate your child to spell and have fun while moving.

What you need:  
ABC Fitness Word Wall Chart (next page)

Directions: Using the letters from the ABC Fitness Chart, have your child spell their name and perform the corresponding exercise for each letter. Exercise together by performing every other letter from the chart. Use the weekly spelling list to challenge your child to spell a word and you perform the corresponding exercise for each letter. Get the whole family spelling and exercising together!
| A | 10 Arm Circles - stretch arms out to sides and rotate forward or back |
| B | Arm Plank (30 sec) - support body on forearms, straight position, hold |
| C | 6 Blast-off Jumps - squat down, explode arms and body while jumping up |
| D | 5 Burpees - squat down, extend legs back then in, stand up, repeat |
| E | 10 Crab Kicks - sit in crab position, kick up one leg at a time |
| F | 8 Crab Push-ups - hands on floor, fingers face feet, knees bent, bend arms up/down |
| G | 10 Crunches - half of a sit-up |
| H | 20 Dinosaur Stomps - Marching moves with heavy stomps to floor |
| I | 20 Frankensteins - Arms straight out front, lift each leg straight out front, repeat |
| J | 12 Heel Lifts - lift heels, slowly, going up on toes, lower down, repeat |
| K | 20 High Knees - march in place, lifting knees as high as possible |
| L | 5 Hug your body - wrap arms around yourself and give a good squeeze/hug |
| M | Leg Hold (30 sec) - lay on back, legs straight, feet together lift feet slightly, hold |
| N | Long Jump - stand and jump forward |
| O | 10 Mountain Climbers - push-up position, one foot front/one back, switch, repeat |
| P | Quick Feet (30 sec) - run in place fast for the allotted time |
| Q | 5 Scissor Jumps - jump up in jumping jack position ("X") |
| R | 12 Heel Lifts - lift heels, slowly, going up on toes, lower down, repeat |
| S | 20 High Knees - march in place, lifting knees as high as possible |
| T | 5 Hug your body - wrap arms around yourself and give a good squeeze/hug |
| U | 20 Dinosaur Stomps - Marching moves with heavy stomps to floor |
| V | 10 Crunches - half of a sit-up |
| W | 12 Windmill - jumping jack position ("X"), cross hand to opposite foot, repeat other side |
| X | 5 Scissor Jumps - jump up in jumping jack position ("X") |
| Y | 10 Side Steps - step feet from side to side |
| Z | 20 High Knees - march in place, lifting knees as high as possible |
Scavenger Hunt

Description: Use the clues to determine WHAT you need to complete each activity.

What you need:
  Writing utensil

Directions: Pick a box. Find the item(s) you need and perform the activity. Put your items(s) back and tidy up, then cross the box off. Pick another box and repeat until all boxes are completed and crossed off.
<table>
<thead>
<tr>
<th>Find: 2 cans of Food</th>
<th>Find: A Place to Sit</th>
<th>Find: Two Water Bottles</th>
<th>Find: Stuffed Animal or Pillow</th>
<th>Find: A Vacuum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activity: 10 Bicep Curls</td>
<td>Activity: 12 (Chair) Squats</td>
<td>Activity: 16 Front Raises (Straight arms, thigh to shoulder)</td>
<td>Activity: 18 Toe Touches (Touch toes, stand tall touch sky)</td>
<td>Activity: Push the vacuum (unplugged) 6 laps around the living room</td>
</tr>
<tr>
<td>Find: a Box of Pasta</td>
<td>Find: A Place to Lay Down</td>
<td>Find: A glass of Water</td>
<td>Find: Something that tells Time</td>
<td>Find: A Lamp</td>
</tr>
<tr>
<td>Activity: 15 push-ups (box goes under chest)</td>
<td>Activity: 45 second Plank Position</td>
<td>Activity: Take a drink and hydrate!</td>
<td>Activity: Balance on one foot for 12 Seconds. Switch, Repeat</td>
<td>Activity: 50 High Knees</td>
</tr>
<tr>
<td>Find: a Carpet or Couch Cushion</td>
<td>Find: A Rolled up Pair of Socks</td>
<td>Find: A Book</td>
<td>Find: A Closed Door</td>
<td>Find: The TV Remote</td>
</tr>
<tr>
<td>Activity: 20 Boats or Sit-Ups</td>
<td>Activity: Toss to self or with a partner 16 times</td>
<td>Activity: 20 alternating “Book Touches” from an Upright Push-Up Position</td>
<td>Activity: 30 Second Wall-Sit</td>
<td>Activity: 22 Crab Kicks</td>
</tr>
</tbody>
</table>
**Playing Card Fitness**

**Description:** A fun and interactive way to practice your shapes and numbers.

**What you need:**
- Deck of Cards
- Approximately 8 feet of clear space—move the coffee table and voila!

**Directions:** Use a deck of cards to perform a body circuit. Place a full deck of cards face down on a flat surface. First player picks a card: the group performs the activity that corresponds to the suit (next page), with the number written on each card. Face cards (Jack, Queen, King, Ace) should be assigned ‘10’. Need a challenge? Once all cards are used play round 2 by multiplying all numbers by 2!
Playing Card Fitness:

Spade: Jumping Jacks
Heart: Push-Ups
Club: High Knees (1= both legs)
Diamond: Curl-Ups

Face Cards (J, Q, K, A = 10 repetitions)
Relay: Your turn, My turn

Description: A game to practice your turn-taking skills while building a tall tower!

What you need:
Plastic Stacking Cups (approximately 15)
Approximately 8 feet of clear space—move the coffee table and voila!

Directions: Use plastic cups to make a large tower. Start with cups on one side of the room in a single stack. Work as a group to take turns and bring one cup to the other side of the room, making a tower out of plastic cups. Start easy with a 3-2-1 pattern (base to top), or add more from the bottom layer to make it harder. Still too easy?: time yourself to see how fast you can work as a team without knocking the tower over OR try different locomotor skills (ex. Gallop, jump, slide) to travel from one side of the room to the other.
Relay: Your turn, My turn

OR

=
Fitness Chair

Description: This fun activity will get you moving in no time! Using a chair, some clear space and the fitness cards you will perform fitness activities as a group.

What you need:
- One bucket, stool or chair per person.
- Cards (next page or make your own!)
- Approximately 8 feet of clear space—move the coffee table and voila!

Directions: Put fitness cards under each participant’s chair. First player picks a card from under their seat and the whole group performs the activity. Need a challenge? Play the first round as the cards are written. Once all cards are used play round 2 by multiplying all repetitions by 2! Round 3 try adding music and play musical chairs, when the music stops, pick exercise from under chosen chair.
**Fitness Cube**

**Description:** Roll the dice and move with this exercise game for the whole family.

**What you need:**
- Fitness Cube print-out (next page)
- Scissors
- Tape or glue

**Directions:** Print, cut, and form the cube using tape or glue to stick it together. Print more cubes and change out the exercises with the list to the right. Once the cube is made, gather your group, roll and do the moves together. What’s facing up? How long can you roll, move, and play? How many different ways can you move?

Remember you should move every day to keep healthy. It doesn’t matter what you do. You can run, jump, or dance. It’s just important that you move!
Popsicle “Pick-a-Stick” fitness

Description: Workout in a jar? This fitness-related gem offers “choice” when picking popsicle sticks randomly from your fitness jar. Many uses: a “brain break,” daily workout, or weekly exercise schedule. Let’s get moving!

What you need:

- Popsicle sticks
- Sharpie pen or tape/glue
- Exercise cards (next page)
- Approximately 8 feet of clear space—move the coffee table and voila!
- Plastic cup or glass jar

Directions: Write exercises on popsicle sticks with your Sharpie marker or cut-out exercise cards, fold in-half, around the popsicle stick and tape or glue together. Put the sticks in a jar and pull them out at random, building a workout. For example: pick 5 on Monday for a week’s worth of exercise. Only one rule ... No switching out once they’re pulled out!
Fit Flat Frank and Frannie (like “Flat Stanley”)

http://www.flatstanleyproject.com

Description: Fit Flat Frank and Frannie would like to tag along with families and participate in individual, group/team, family fun and fitness activities. They love to get active and would love to be part of a family or team picture!

What you need:
- Picture of Flat Frank and Frannie (next page)
- Crayons or markers
- Scissors
- Camera

Directions: Print, color, and cut out Fit Flat Frank or Frannie. Now don’t let them sit around and turn into couch potatoes! Get up, get active and take Fit Flat Frank or Frannie with you. Take a picture with them riding a bike with you, taking a hike, performing martial arts moves, practicing your ballet or dance … be safe, be creative, make it healthy, and make it fun for everyone!
**Fitness Chair: cut each box and place face down under chair!**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 Squats</td>
<td>Way to keep your legs from stiffening!</td>
</tr>
<tr>
<td>16 Second Superman</td>
<td>Supermen are made for this!</td>
</tr>
<tr>
<td>10 Curl-Ups/Sit-Ups</td>
<td>Can be done while sitting or on the floor!</td>
</tr>
<tr>
<td>12 Windmills (L and R)</td>
<td>Rotate your body in a circular motion!</td>
</tr>
<tr>
<td>20 Sec. Tricep Stretch</td>
<td>Stretch your triceps for a stronger arm!</td>
</tr>
<tr>
<td>15 Squat Jumps</td>
<td>A great way to engage the quadriceps!</td>
</tr>
<tr>
<td>10 Push-Ups</td>
<td>A classic exercise for strengthening the upper body!</td>
</tr>
<tr>
<td>12 Lying Toe Touches</td>
<td>A great way to stretch your legs!</td>
</tr>
<tr>
<td>20 second Push-Up Hold</td>
<td>An intense upper body workout!</td>
</tr>
<tr>
<td>20 Flutter Kicks</td>
<td>A fun and effective  workout for the legs!</td>
</tr>
<tr>
<td>12 Mountain Climbers (L and R)</td>
<td>Great for core stability and endurance!</td>
</tr>
<tr>
<td>15 Second Butterfly Stretch</td>
<td>A gentle stretch for the core!</td>
</tr>
<tr>
<td>20 second Hamstring Stretch</td>
<td>Stretch your hamstrings for a supple body!</td>
</tr>
<tr>
<td>20 Jumping Jacks</td>
<td>A classic cardio exercise!</td>
</tr>
<tr>
<td>18 Second Wall Sit</td>
<td>A challenging workout for the legs!</td>
</tr>
<tr>
<td>20 Second Crab Pose Hold</td>
<td>A fun and effective  workout for the core!</td>
</tr>
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Popsicle “Pick-a-Stick” Fitness Cards

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FIT FLAT FRANK AND FRANIE (PRINT, COLOR, CUT)

Chad Triolet www.PERocks.com
Resources and Photo Credit

Butterfly Stretch: http://www.schriever.af.mil/News/Photos/igphoto/2000906393/
Crab Pose: http://www.afcent.af.mil/Units/386th-Air-Expeditionary-Wing/News/Display/Article/502241/check-6-trains-techniques/
Fit Flat Stanley: www.PERocks.com Chad Triolet
Flutter Kicks: http://www.919sow.afrc.af.mil/News/Article-Display/Article/623922/maintaining-fitness/
Hamstring Stretch: https://commons.wikimedia.org/wiki/File:US_Navy_070422-N-5215E-002_Midshipman_3rd_Class_Nicholas_Lowe_shows_Julian_Than_how_to_stretch_before_running_in_the_Special_Olympics_at_the_Naval_Academy.jpg
Jumping Jacks: http://www.flickr.com/photos/mikeschmid/235293267
Lying Toe Touches: https://www.pexels.com/photo/action-adult-agility-athlete-207917/
Push-Ups: https://www.pexels.com/search/push-up/
Push-Up Hold: https://media.defense.gov/2011/Jan/11/2000294186/-1/-1/0/110111-F-9433M-008.JPG
Superman Hold: http://www.macdill.af.mil/News/Photos/igphoto/2001736257/
Windmills: http://www.ultimatebodypress.com/intermediate-windmill.html