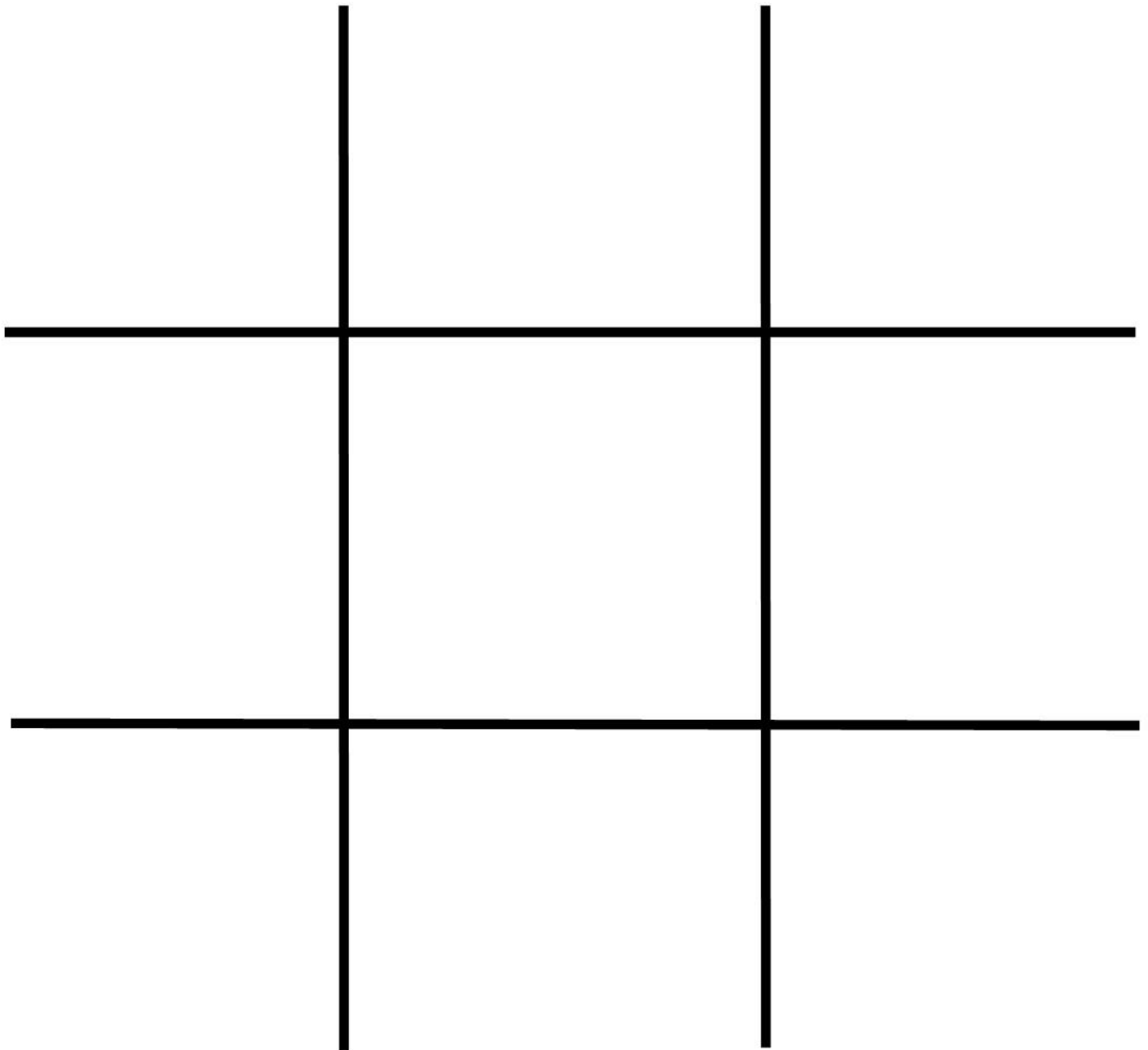


# Tic-Tac-Toe Relays

Directions: Find or create 4 markers for each person, 8 total. You can use pieces of paper for your markers. Place Tic-Tac-Toe Board on a table or floor across a room. At the same time both people run to the board with one marker and place on the grid, not on same space. Keep going back and forth until someone has made tic-tac-toe. If nobody makes 3 in a row after all 8 markers have been used continue game by moving one marker at a time until a Tic-Tac-Toe has been made.

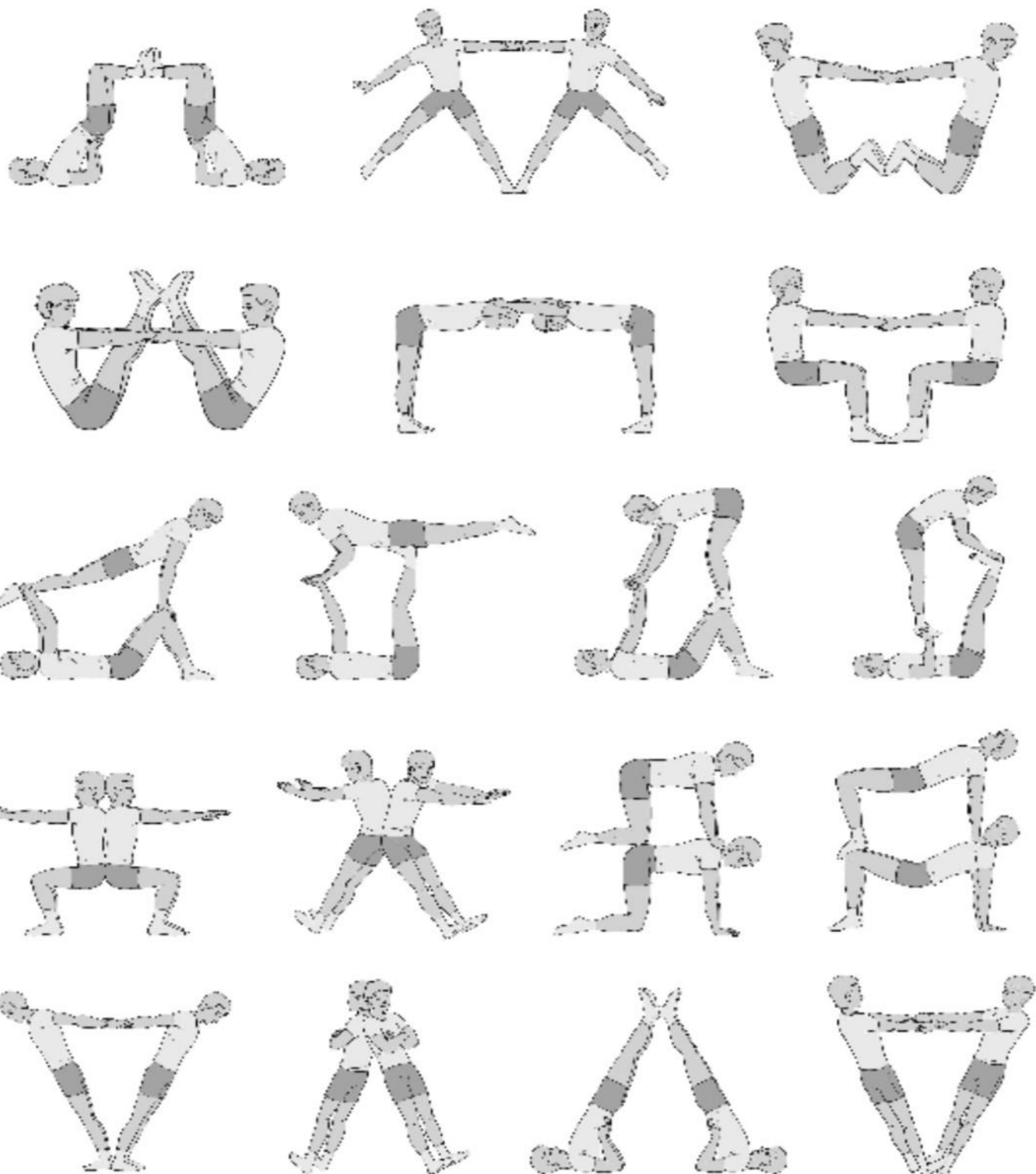


Directions: Hold each balance for a minimum of 5 seconds and then cross off the board. Try to see how many different ways you can get Bingo on the board. You can also play with a partner and take turns attempting different balances to make a Bingo

| Balance Bingo   |   |   |  |  |
|---|---|---|--|--|
| <br>HALFWAY<br>HANDSTAND | <br>BROKEN<br>CANDLESTICK  | <br>SPLIT<br>STAND | <br>THE PEG LEG   | <br>THE ANKLE<br>HOLD       |
| <br>PLANK                | <br>SIDE<br>PLANK          | <br>ELBOW<br>STAND | <br>SUNSHINE      | <br>BRIDGE                  |
| <br>TOE TOUCH          | <br>SITTING<br>TOE TOUCH | FREE<br><br>SPACE   | <br>WARRIOR      | <br>SIDWAYS<br>STRETCH    |
| <br>DAZZLER            | <br>LAZY<br>TOE TOUCH    | <br>TOE POINTER  | <br>SPLIT        | <br>AIR CHAIR             |
| <br>HANDSTAND          | <br>HEADSTAND            | <br>TRIPOD       | <br>CANDLESTICK | <br>HANDSTAND<br>STRADDLE |

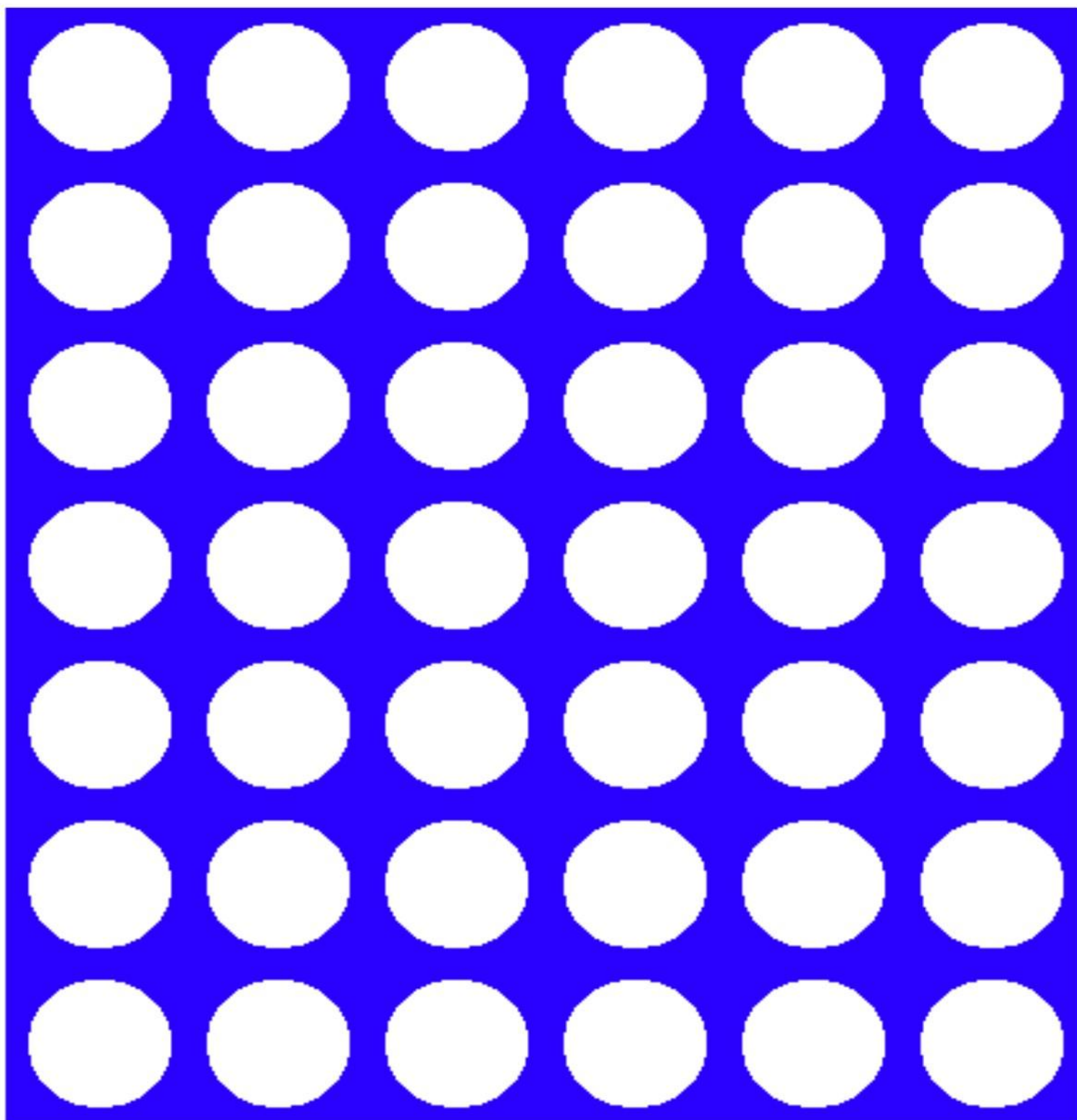
Directions: Work with a partner and try to complete as many balances as possible. Any balance you and your partner can hold for 5 seconds or more cross off and try the next balance.

# 2-PERSON BALANCES



# Connect-4 Relays

Directions: Use a pen, pencil, crayon, or marker. Place Connect-4 Board on a table or floor across a room. At the same time both people run to the board and mark one space at a time. Keep going back and forth until someone has made Connect-4.





## Playing Card Fitness



Directions: Place a deck of playing cards on a table or the floor. Make sure you enough space to perform exercises safely. You can play individually , with a partner, or as a family. Take one card at a time and perform the exercise the number of times on the card. ( Example: 4 of hearts, perform exercise 4 times.) All face cards count as 10, Ace is Wild Cards and you may choose your exercise and how many times to perform.

Here are some examples:



Jumping Jacks



Ski Jumps



Push-ups



Squats

Elbow Plank Up/Down

Jog in Place

Curl-Ups

Squat Jumps

Hop on 1 Foot

Invisible Jump Rope

Side Plank

Tree Pose

# Rock, Paper, Scissors Fitness

Directions: Play Rock, Paper, Scissors with a partner. Look at the symbols below and match your combination to the exercise. Perform each exercise 10 times and play again.

Create your own exercises for the next game




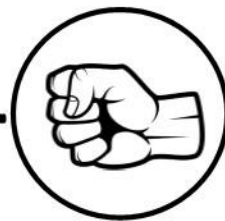
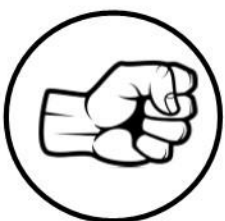
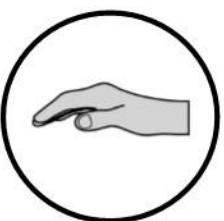
**Rock**  
beats Scissors


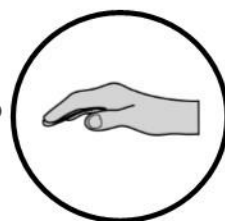








**Paper**  
beats Rock



**Scissors**  
beats Paper

 +  = JUMPING JACKS      +  = SKI JUMPS

 +  = SHOULDER TAPS      +  = BICYCLES

 +  = PUSH-UPS      +  = SQUATS