

IF, THEN (Warm-Up)

Stuff You Need: Nothing

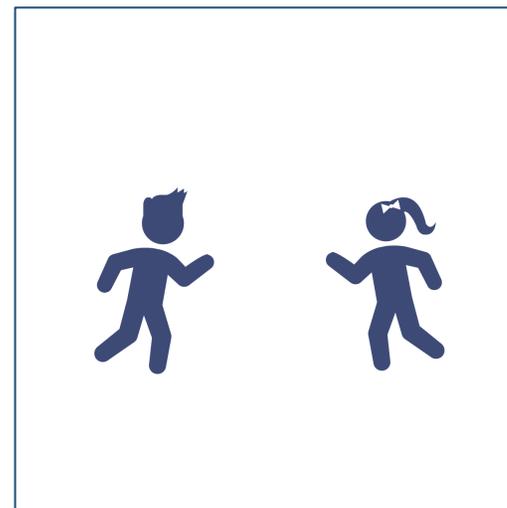
Players: 2 or more players

The Object of the Game:

- To listen to the instructions and complete the exercises if a statement is true.

How to Play:

1. One player will make an “if” statement that is either true or false, then give an exercise instruction.
2. If the statement is true, all players complete the exercise. If it is false, no one completes the exercise.
3. For example, “If an apple is good for you, do 20 jumping jacks.” In this example, everyone does jumping jacks.
4. “If the Earth is flat, run in place for 20 seconds.” In this example, no one does the exercise.



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MUSIC MANIA

Stuff You Need: Music and a music player. 4 cones (or other markers) to create a jogging loop. Lots of popsicle sticks.

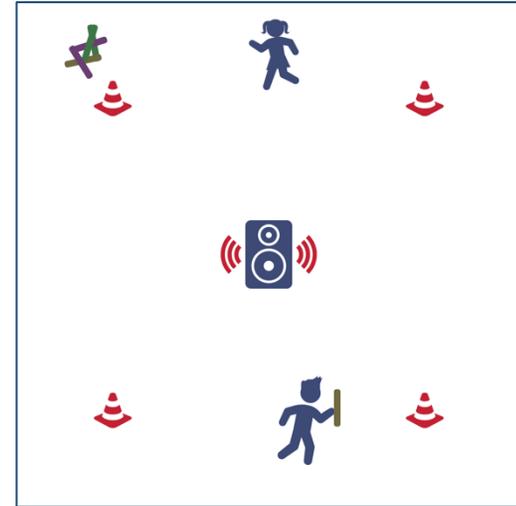
Players: Any number of players. 1 player is the DJ and controls the music.

The Object of the Game:

- To collect as many popsicle sticks as you can.

How to Play:

1. Start the music and begin jogging around the loop. When you complete a lap, collect a popsicle stick at the starting line.
2. When the music stops, slow down to a walking pace. When the music starts again, start to jog. Continue for 5 minutes.



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MIRRORS (Cool-Down)

Stuff You Need: Nothing

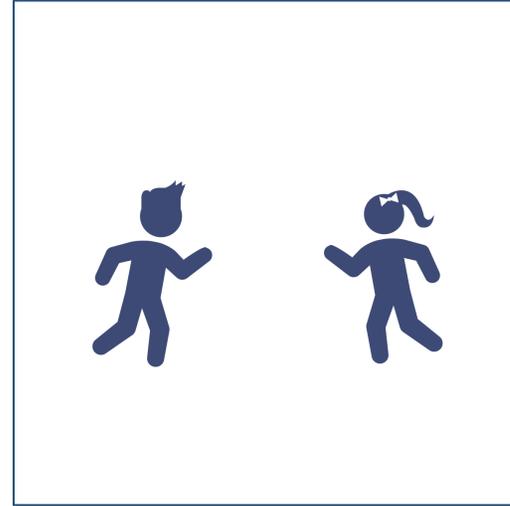
Players: 2 or more players

The Object of the Game:

- To follow your partners moves exactly as if you're a reflection in the mirror.

How to Play:

1. Stand facing our partner. Decide who will be the leader first.
2. The leader will complete simple and safe stretches and movements.
3. The other player will follow the movements of the leader. After 3 minutes, change roles.
4. Sample stretches: slow head tilt, shoulder shrugs, reach for toes, stretch arms overhead.



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GET MOVING CIRCUIT (Warm-Up)

Stuff You Need: 3 cones to set up 3 stations around the activity area.

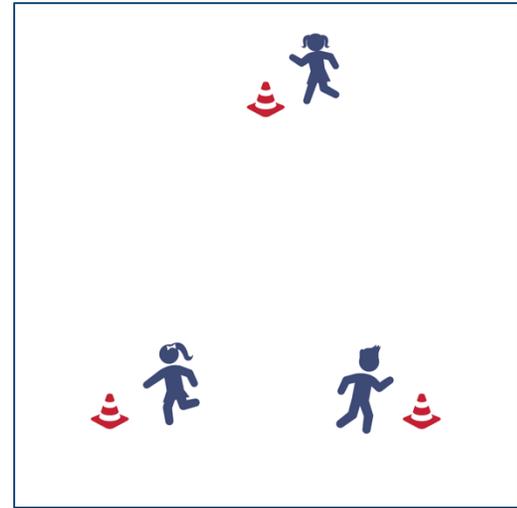
Players: Any number of players.

The Object of the Game:

- Do each station for 1 minute, then rotate to the next station. (Get Station Music on [Apple Music](#))

How to Play:

1. Station 1: JUMP STATION. Squat as low as you can, then jump up to the sky.
2. Station 2: MOVE STATION. Jog in place with high knees.
3. Station 3: STRETCH STATION. Do forward lunges.



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MOVE TO THE BEAT

Stuff You Need:

- Music and a music player.
(Interval Music on [Apple Music](#))

Players:

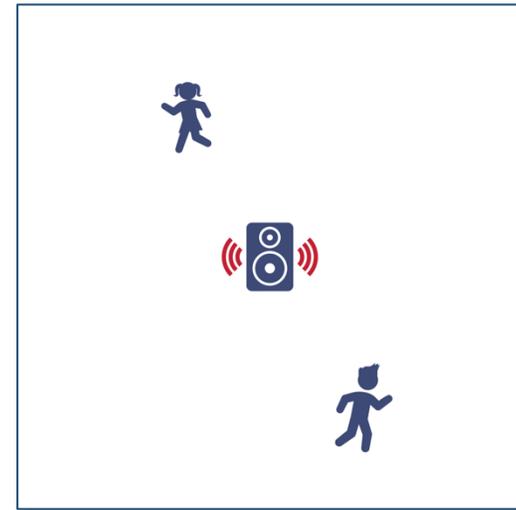
- Any number of players. 1 player is the DJ and controls the music.

The Object of the Game:

- Move to the beat of the music. Start and stop when the music starts and stops.

How to Play:

1. Start the music. Players can run, hop, gallop, skip and jump to the beat of the music.
2. Freeze when the music stops. Start again when the music starts.



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FULL BODY COOL DOWN

Stuff You Need: Nothing

Players: Any number of players.

The Object of the Game:

- Cool your body down and complete stretches.

How to Play:

1. Calf Stretch. Take a large step forward with 1 leg. Bend front knee with back leg straight and back heel planted on the ground. (Switch legs)
2. Quad Stretch. Stand tall, bend 1 knee back and hold it in your hand so that you are standing on 1 leg. Gently pull the foot toward your glutes. (Switch legs)
3. Floor Hamstring Stretch. Sit on the floor with legs straight out in front. Slowly bend with arms reaching for toes.
4. Reach for the sky. Stand tall and reach hands high above your head. Balance and hold.

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