

TURKEY TROT

Games with Safe Physical Distance

TURKEY BOWL

Objective: To score as many goals as possible in one minute using a paper-football.

Set-up: Fold one piece of paper into a triangle football ([instructions](#)). Fold a second piece of paper vertically to represent a field goal. Position yourself and your paper football 3 to 6 feet away from the field goal. (Increase the distance for more of a challenge.)

Description: Earn each “flick” by performing any exercise 2 times (e.g. push-ups). Next, flick the paper football at the paper goal. If you knock down the paper goal, you score three points! Continue for 1 minute and keep track of your score.

[\[YouTube Demonstration\]](#)

