



INSTANT
FITNESS
ADVENTURE

SHOOT 11

EQUIPMENT NEEDED:

- None

ORGANIZE:

- **Space:** Divide activity area into 4 quadrants.
- **Students:** Divide space into 4 quadrants. Create 8 teams; 2 teams compete in each quadrant. Each team forms a small circle.

PROCEDURES:

- **The Object:** Have the total number of fingers shown from all team members add up to 11.
- **The Process:** Team members place 1 hand behind their back. The team chants "1,2,3, show!" Everyone takes their hands from behind their backs and shows any number of fingers (1–5). Add up the fingers from each student to get the group total.
- If the sum adds up to 11 exactly, you have successfully completed this challenge. If the sum does not total 11, perform the task listed below and then repeat the process above.
- Students cannot throw the same number with consecutive throws.
- Exercises:
 - Day 1: 10 Jumping Jacks
 - Day 2: 10 Plank Shoulder Taps
 - Day 3: Downward Dog Pose for 10 Count
 - Day 4: Name 1 Fruit (No Repeats!)

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GROUP CATCH

EQUIPMENT NEEDED:

- 1 bean bag per student

ORGANIZE:

- **Space:** Divide space into 4 quadrants. Create 8 teams; 2 teams compete in each quadrant.
- **Students:** Each team forms a circle.

PROCEDURES:

- **The Object:** To score point by having each member of the team catch a bean bag tossed from another teammate.
- **The Process:** Each member of the team holds a bean bag. On “Go” everyone tosses their bean bag to one of their teammates, while simultaneously preparing to catch a bean bag tossed to them. You cannot toss and catch with the same person.
- If all bean bags are successfully caught before hitting the ground, you score a point.
- When your team scores a point, perform an exercise below before attempting to score again.
- Exercises:
 - Day 1: 5 Squat Jumps
 - Day 2: 3 Burpees
 - Day 3: Hold Child Pose for 10 Count
 - Day 4: Name 1 Vegetable (No Repeats!)

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FIRST TO 30

EQUIPMENT NEEDED:

- 8 six-sided dice

ORGANIZE:

- **Space:** Divide space into 4 quadrants. Create 8 teams; 2 teams compete in each quadrant.
- **Students:** Each team forms a circle. Select 1 individual to hold the 6-sided die

PROCEDURES:

- **The Object:** As a team, have a sequence of rolls add to 30.
- **The Process:** The player holding the die rolls it and performs that number of reps of the exercise listed below. Pass the die quickly to the right, then the next player takes a turn. The count continues as the team adds each roll to the previous roll total.
- When your team's count goes over 30, then start again.
- Exercises:
 - Day 1: Jumping Jacks
 - Day 2: Plank Shoulder Taps
 - Day 3: Squat Jumps
 - Day 4: Jumping Jacks (while naming fruits and vegetables)

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READ, SET... HUT!

EQUIPMENT NEEDED:

- 6 hoops, 2 spots, and 1 Food Group Trivia per team

ORGANIZE:

- **Space:** Divide space into 4 quadrants with 2 teams. Place the 2 spots 8-10 paces away. Stack the 6 hoops over of of the spots.
- **Students:** Each team lines up next to the empty spot.

PROCEDURES:

- **The Object:** To build a hula hut and transfer it to the empty spot.
- **The Process:** On “Go” team members move from the starting spot to the opposite spot using the designated movement. Once all members of your team reach the set of hula hoops, work together to build a hula hut. Finally, you must lift and carry your hut and place it on the opposite spot. If your hula hut falls apart during the transfer, return to the spot, rebuild, and try again.
- **Movements:**
 - Day 1: 5 Jumping Jacks, then Gallop
 - Day 2: Bear Walk
 - Day 3: Inchworm (Plank to Pike to Plank to Pike...)
 - Day 4: Answer 4 questions from the MyPlate Trivia Time card, then Skip