

# Kid Fun Fitness & Games



# Arm Circles



# Balancing



# Crab Walk





# Frog Jumping



# Hop



# Hula Hoop





# Jog



# Jumping Jacks





# Jumping Rope



# March



# Skip



# Sit & Reach



# Squats





# Stretch





# Tip Toe



# Toe Touch





# SANDY'S STORY

Say words that are **bold** loudly and watch for the students doing the actions.

There once was a squirrel who loved to **jump 10X**. This squirrel's name was Sandy. Sandy did not **tip-toe 10X** most of the time like regular squirrels, but instead **marched 10X** and **marched 10X** and **marched 10X** everywhere she went. She woke up early every morning, **stretched** her arms to the right **10X** and to the left **10X**, **waved** hello with her **right arm 10X** and then her **left arm 10X** to the sun then **tip-toe 10X** down her tree to begin her day. She rarely went straight down the tree. She liked to **jump 10X** from branch to branch first. She loved it when the branch would do **jumping jacks 10X** and she would have to try to **do arm-circles 10X** before **marching 10X** to the next branch.

The first stop in Sandy's day was almost always the park. She would find the benches and **climb up 10X** onto the seats. She would **walk 10 count** carefully along the benches then **do squats 10X**, making a safe landing. She would look under the benches to see if she could find any food or treats to eat. Another one of Sandy's favorite things to do was to **jog 10 count** along the path in the park and **jump high 10X** over every crack in the sidewalk. She liked to pretend that she was a **super flying squirrel, jumping 10X** as high as she could over every line she saw. Sandy's day went on like that with every activity involving **skipping 10X**. She **hopped 10X over small things** like leaves, she **jumped over big things** like rocks, she especially loved to **jump** over things that were in a row – like **jumping from rock to rock** in the river.

Sandy's day usually ended with a visit to the garden. She would **march 10X** from flower bed to flower bed, **sniffing** the beautiful flowers, **reaching up** to touch the tall sunflowers and **squatting 10X** to look at the tiny pieces of grass. Sandy was usually pretty tired at the end of the day. She liked to do a little **stretching** in the garden before going home to her nest. She **reached high** to the sky, stretched her paws **out to both sides**, **stretched down** and **touched her toes**. She **shook out her legs** after all of her jumping, then headed home for one **leisurely climb** into her tree. In her nest, she **curled up**, **closed her eyes** and went to **sleep**, dreaming of another day of **jumping** tomorrow.

# Games

## Ball Relay

Have the children stand in a circle to pass the balls to each other. Use several balls, a big ball, a small ball, different colors. Assign a different action for each ball, big ball passed up high, the small ball passed at waist high, a red ball passed down low.etc.

## Balls Up

Children work together to keep one or more balls up in the air so they do not fall to the floor.  
Try playing this game outdoors or in a gym.

## Blanket Volleyball

Divide the class into two teams. Each team spreads out around its own blanket or sheet. Team members hold the edges of the blanket and a ball is placed in the middle of the cloth. Each group practices tossing the ball into the air and catching it with the cloth. Teams then pass one ball back and forth. Alternatively, one team can toss a ball straight up, quickly get out of the way, and let the other team rush in to catch the ball with their blanket.

## Hula Hoop Pass

Ask the children to hold hands in a circle with a hoop hanging on each pair of joined hands. The children try to move the hoop around the circle without releasing their hands. Place several hula hoops so that children do not get tired of waiting for a hula hoop.

## Pass The Parachute

Pass the parachute round in complete circle without anyone taking their hands off the parachute (they will have to work together for this one to work). First waist high, then down low, then waist high, blow whistle and go up, yell out a color (red) and children holding the color switch sides under the parachute.

## Merry Go Round

Children can hold the chute in one hand and travel:  
- forward, backward, clockwise, counter-clockwise, walk, run, hop, leap, jump, gallop, skip etc.