

## Week 3: It's Time to get Moving!

Challenge your family this week and have fun moving! Items required include a deck of playing cards, homemade activity cards, a rubber chicken or stuffed animal and balls.

- **Traffic Light Warm-up**
  - **Items Required:** running area clear of obstacles
  - **Instructions:** Players run around the backyard making sure not to bump into each other. A parent shouts, "RED" and everyone stops and freezes for one minute. Again, players run around. A parent shouts, "YELLOW" and everyone slows down to a walk for one minute. Again, players run around. A parent now shouts, "GREEN" and everyone runs around for as long as you wish. This activity also serves as a memory game with each specific activity attached to a color.
  - **Challenge:** Change up the activities for each color!  
 RED – do a funny movement such as wave hands over their head  
 YELLOW – stretch to the sky or the ground  
 GREEN – run around in a zig zag motion.
- **Fitness Mania**
  - **Items Required:** one deck of playing cards, activity cards
  - **Instructions:** To make the *Activity Cards*: Write one activity on a piece of paper, then place in a bowl. Repeat for as many activities you think your family can do. Activity suggestions include sit ups, push-ups, right sideway leg lift, left side-way leg lift, run in place, shoulder rolls, jumping jacks, hop on right foot, hop on left foot, jump up and down, scissor jump-steps, swimming from waist motion, and jump rope in place-without a rope, etc. Can you think of other activities, maybe even some chores? Each playing card represents a number such as 6=6, Jack=11, King=12, Queen=13, Ace=1, etc. Have everyone form a circle and place the deck of playing cards and activity cards in the centre of the circle. The first person runs into the centre to pick up one playing card (indicates the number of times to do a certain activity) and one activity card (indicates which activity). Everyone does the activity together. Repeat until everyone has had a chance to choose. Play as long as you wish!
- **Who Has the Chicken?**
  - **Items Required:** rubber chicken or stuffed animal of your choice
  - **Instructions:** The player who is "IT" runs and tags the others. Whoever is tagged freezes in place. The player with the rubber chicken or stuffed animal runs around and unfreezes the "frozen" ones. After a few minutes switch the taggers and the chicken!
- **Clap and Catch**
  - **Items Required:** balls
  - **Instructions:** Each player has a ball and throws it in the air. They must clap once before catching it. Repeat, but clap twice on the second throw.
  - **Variations:** Let the ball bounce once before catching.
  - **Challenge:** Can you throw two or three balls in the air at the same time and catch them before they bounce?