

Week 4: Mission Impossible

Your mission if you choose to accept is to complete each of these activities! Do you accept this challenge? Items required include a soccer or beach ball, cones or equivalent, skipping rope, timer, balls, hula hoop, bicycle or tricycle, music, four bases or equivalent and four paper signs.

- **Short and Long Kicks**
 - **Items Required:** soccer or beach ball
 - **Instructions:** Choose a starting point. The object is to kick the ball to various places in the yard from this starting point. Assign point values beforehand to each target (5, 10, 15, 20, etc.). Targets could include a tree or bush, a crack in the sidewalk, a garbage bin, a toy, etc. This is easily adaptable to suit any child's age and skill.
 - **Challenge:** Turn it into a contest and see who can get the most points!
- **Fitness Challenge**
 - **Items Required:** cones, skipping rope, timer, balls, hula hoop, bicycle/tricycle
 - **Instructions:** Set-up fitness stations in the backyard to challenge your family. Start with running 50 yards forwards and/or backwards, standing long jump five times, push ups or sit-ups for one minute, skip with a skipping rope for one minute, jog in place for one minute, throw three balls through a hula hoop and ride a bicycle around some cones. Tailor the activities and length of time to your children's age and abilities.
- **Backyard Round-up**
 - **Items Required:** music
 - **Instructions:** Do each activity once around your back yard and repeat as many times as you wish. Can you think of new activities to add?
 - **Back up the Bus:** Move slowly backwards as you make beeping sounds.
 - **Electric Slide:** Walk sideways taking as wide of steps as you can.
 - **High Knee Skips:** Skip around lifting your knees as high as possible.
 - **Cross March:** March around lifting your knees high and slap your knee with the opposite hand as you raise each knee.
 - **Mixed up Jumping Jack:** Raise your hands high and then jump high into the air.
- **What do you think?**
 - **Items Required:** four objects for the bases, four paper signs: Don't like it, Love it, It's okay, Never tried it.
 - **Instructions:** Place the bases in the playing area with one paper sign at each base. Review what each sign says. Pick one player or parent to be "IT". This person stands in the middle of the playing area and the other players stand on any base that answers the food question. "IT" calls out the name of a food. Players then run to the base that describes how they feel about that particular food. "IT" tries to tag a player before he or she reaches the base. The player who gets tagged is now "IT".