



KIDS ON THE MOVE



Activity: Match Me

Equipment

- No Equipment Needed!

Set Up

- Assign each student a partner
- If there is an uneven number of students, you can make a group of three

How To Play:

- The first person chooses an exercise, like squats, and performs 1 squat.
- Then the partner has to do 2 squats.
- Your turn, do 3 squats. Continue alternating until one person can't continue OR go up to a certain number then switch partners.
- Then take a water break. Next time, let your partner choose the exercise and start the challenge.
- You can compete for each exercise or total up the amount of times each person won at the end of the workout.

