

***Contributed by Coach Deanne King, Travis Elementary***

**1. Word Toss**

Equipment: Something to toss – ball, bean bag, rolled up sock, etc.

Spelling words – or any word selection

How to play: Get someone to play with you or use the wall and play alone

Pick a word off the list and start tossing the “ball” back and forth. On each toss, the student should say a letter of the word – spell it correctly. (Have the list so you, the student can see the letters). With each successful word take ONE step backward. Every new word start at a new spot. If you have a long list make sure you have enough space. Be careful if tossing in the house – best would be outside in the sun.

Variation: Give a letter and student(s) have to say a word that starts with that letter. (For Example: K = King)

2. Using a deck of card, turn one over and do the appropriate activity. Could play against a friend, sibling, or parent.

Ace = 15 Jumping Jacks

King = 4 Burpees

Queen = 23 - line jumps

Jack = 4 Push ups

10 = 10 Squats

9 = 9 Curl-ups (sit ups)

8 = 8 seconds of Arm Circles

7 = 7 heel Raises

6 = 6 planks hold each for 6 seconds

5 = 5 lunges

4 = 4 Frog Jumps

3 = 3 Mountain Climbers

2 = Jog 2 laps around (your choice)

3. Spelling Work Out: Use your name (first, Last, nickname, and do a work out; use a spelling list; do one during the commercials if watching T.V.; Divide the list and do a few each day.)

A = 30 Jumping Jacks

B = 20 Curl ups (sit-ups)

C = 15 Squats

D = 30 seconds wall sit

E = 10 Burpees

F = 20 Arm Circles

G = 10 Push ups

H = 12 Frog Jumps

I = 20 Burpees

J = 30 Jumping Jacks

K = 8 Push ups

L = 20 Mountain Climbers

M = 40 High Knee Lifts

N = 10 Burpees

O = 10 Leg Squats

P = 30 second plank

Q = 15 Frog Jumps

R = 20 Crunches (sit ups)

S = 20 Triceps Dips

T = 10 Push-ups add a clap

U = 20 Mountain Climbers

V = 40 High Knee Lifts

W = 15 Sit ups

X = 10 Squats

Y = 8 Burpees

Z = 30 seconds plank

4. Clock Activity – Each hour do the activity. Pick a number of the day and do either that many exercises or that many seconds of the activity. For example: Stretch for 12 seconds.

12:00 O'clock = Stretch for 90 seconds

1:00 O'clock = lap around the block/house

2:00 O'clock = Jumping Jacks

3:00 O'clock = Lunges

4:00 O'clock = Ski Jumps (line Jumps side to side)

5:00 O'clock = Push-ups

6:00 O'clock = Squats

7:00 O'clock = High Knee Lifts

8:00 O'clock = Crab Walk

9:00 O'clock = Mountain Climbers

10:00 O'clock = Wall Push ups

11:00 O'clock = Sit-ups