

Summer Mystery Exercise Box

You will need:

- a small empty box (like an empty tissue box)
- Small pieces of paper or index cards
- A pencil



Before you Play:

Think of different skills or exercises that we have learned in PE class during the year like skipping, jumping jacks, balancing and throwing. Write one skill or exercise on each of the small pieces of paper. When you can't think of any more, fold each piece of paper in half and place them inside the empty box.

How to Play:

Shake the box to mix up the pieces of paper. Pull out one piece of paper from the box. Perform the skill or exercise that is written on that paper 20 times. If it is a skill that you do not have the equipment for, just pretend. So if you write down dribbling a basketball and you don't have one, pretend to dribble a ball. Put that exercise back into the box.

Select 5 random pieces of paper every day.

Over the summer, continue to play this game to keep yourself moving! You can play by yourself or with a family member.