20 SWIM STROKES
You choose your stroke: backstroke, breast-stroke, butterfly, freestyle!

BIKE RIDE FOR 30 SECONDS
Pretend to go super fast on your bike!

TOSS WATER BALLOONS 10 TIMES
Find a partner, and pretend to toss your water balloon back and forth!

HOPSCOTCH JUMP FOR 30 SECONDS
Use both feet or one at a time to hop around!

HULA HOOP CONTEST FOR 20 SECONDS
Don’t let your “hula hoop” drop!

CHOOSE A SPORT FOR 30 SECONDS
Pretend you’re playing tennis, baseball, soccer, basketball, karate, hockey, volleyball, etc.

GO ON A “RUN” FOR 45 SECONDS
Run in place and try your hardest to win the race!

TAKE A NATURE WALK FOR 30 SECONDS
Pretend to search for leaves, animals, and new paths to walk!

STRETCH IT OUT
Reach up at touch the sky, reach down and touch the green grass. Breathe and stretch 5 times!

JUMP ROPE 25 TIMES
Go forward or backward, and add tricks!