

How Will You Be Active This Summer?

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!

