



ACTIVITY SHEET

This activity is a 15 to 20 minute physical activity exercise that requires the memory cards below, at least two people and a small space to do the physical activity. To get the game set up you will need to get the permission of a parent to cut out the squares below. You will then turn the cards over so you can't read them, mix them up and then spread them out again with the writing still toward the ground. You and your partner will then start the game by taking turns picking two squares to turn face up. If they match then you will leave them face up, you get 1 point and have to do the exercise on the squares. If they don't match then you flip both squares back over and wait for the other players to take their turns. The game ends when all squares are turned face up and the winner is the person with the most points.

10 Sit Ups	20 Jumping Jacks	20 Sec. Plank	10 Pushups
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20 Sec. High Knees	5 Burpees	20 Skips	10 Squats
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