



Activity #15

The "Ins" & "Outs" of Exercise

Instructions: Draw the following chart on the board and fill in some of the fun exercises students can either do indoors or outdoors. Have students give their input on which exercises they would like to try or some that they have come up with on their own.

Indoor Activities	Outdoor Activities
<ul style="list-style-type: none"> • Dance • Home Olympics (build obstacle course you have to navigate through) • Yoga • Jumping jacks • Wii games • Hide and seek • See how long you can hop on one foot • Handstand contest • Balloon volleyball (bat a balloon back and forth with a friend) • Cross the brook (use tape or chalk to make 2 lines that are a foot apart and try hopping across) • Karate 	<ul style="list-style-type: none"> • Basketball • Soccer • Baseball • Bicycling • Swimming • Softball • Skiing • Skating • Hiking • Lacrosse • Football • Frisbee • Sledding • Kickball • Take the dog for a walk • Playing tag/ freeze tag • Helping parents with yard work • Running/ racing • Jump rope • Hop scotch • Four square • Capture the flag • Shadow tag

