

# SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

- |   |   |   |
|---|---|---|
| Shake your whole body.  | Hold your arms out at your side and make circles with them in the air.                      | Reach behind you and try and hold your left foot with your right hand without falling over. |
| Jump up and down.   |   |   |
| Spin around in circles.   | Hop on your left foot 10 times.   | Lay on the floor and stretch out as far you can for 10 a count of 10.                       |
| Do a cartwheel.   | Hop on your right foot 10 times.  | Pretend to shoot a basketball 10 times.   |
| Do a somersault.  | Hop around like a bunny.  | Pretend to jump rope for a count of 10.   |
| Wave your arms above your head.   | Balance on your left foot for a count of 10.  | Pretend to ride a horse.  |
| Walk like a bear on all 4s.   | Balance on your right foot for a count of 10.   | Pretend to milk a cow.  |
| Walk like a crab.   | Bend down and touch your toes 10 times.   | Take 5 of the biggest steps forward that you can.   |
| Hop like a frog.  | Reach behind you and try and hold your right foot with your left hand without falling over. | Pretend to lift a car.  |
| Walk on your knees.   | Show off the muscles in your arms.  | Do the strangest dance you can think of.  |
| Lay on your back & pedal your legs in the air like you are on a bike.               |   | Scream.   |
| Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc. |   |   |

