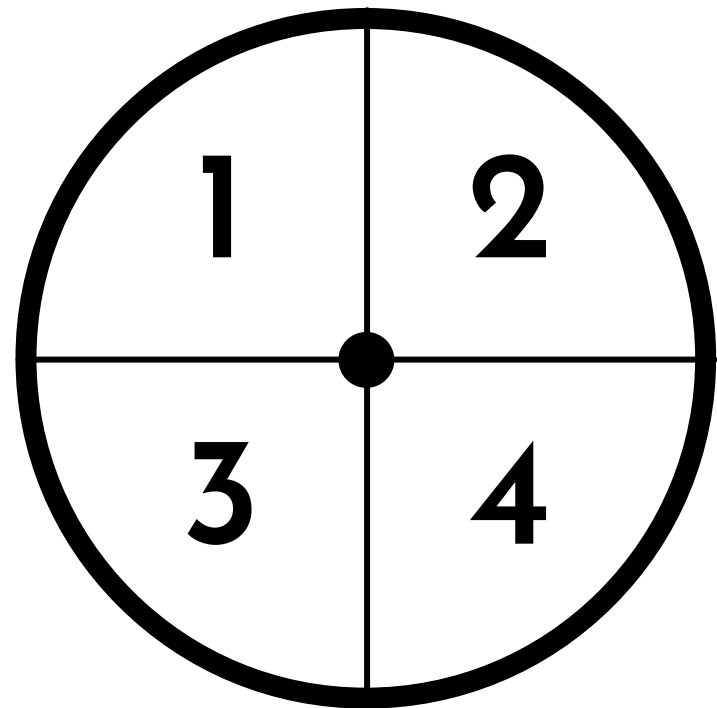




Winter Olympics GET MOVING GAME

Spinner & Arrow:



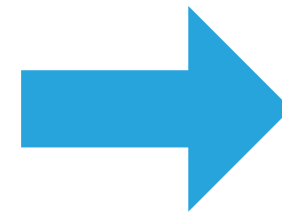
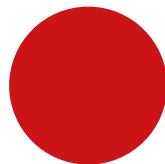
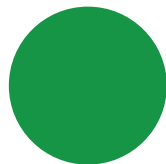
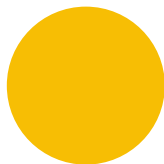
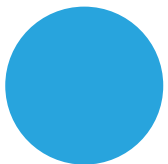
Setup:

- Cut out spinner, arrow, and game pieces.
- Assemble the spinner and arrow using a paper fastener or paper clip
- Each player picks a game piece and places it on start.

Instructions:

- Each player takes turns spinning the spinner.
- Move your game piece the number of spaces the spinner lands on.
- Complete the exercise on your space.
- The first player to the finish line wins!

Game Pieces:





Winter Olympics

GET MOVING GAME

START

Run in place
for 20
seconds

10 Jumping
Jacks

"Skate"
across the
room

10 second
tree pose on
each side

10 Skater
Jumps

10 Toe
Touches

Balance on
1 foot for 10
seconds

Freestyle
move!

10 squats
like a skier

5 hops on
each foot

10 second
boat pose
for bobsled
races

10 Forward
Lunges

Twirl in a
circle like
an ice
skater

10 Ski
Jumps

5 Jump
Squats

5
Supermans

Jump
forward and
stick the
landing

Do a victory
dance!

FINISH