

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.

Jump up and down.

Spin around in circles.

Do a cartwheel.

Do a somersault.

Wave your arms above your head.

Walk like a bear on all 4s.

Walk like a crab.

Hop like a frog.

Walk on your knees.

Lay on your back & pedal your legs in the air like you are on a bike.

Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.

Hold your arms out at your side and make circles with them in the air.

Hop on your left foot 10 times.

Hop on your right foot 10 times.

Hop around like a bunny.

Balance on your left foot for a count of 10.

Balance on your right foot for a count of 10.

Bend down and touch your toes 10 times.

Reach behind you and try and hold your right foot with your left hand without falling over.

Show off the muscles in your arms.

Reach behind you and try and hold your left foot with your right hand without falling over.

Lay on the floor and stretch out as far you can for 10 a count of 10.

Pretend to shoot a basketball 10 times.

Pretend to jump rope for a count of 10.

Pretend to ride a horse.

Pretend to milk a cow.

Take 5 of the biggest steps forward that you can.

Pretend to lift a car.

Do the strangest dance you can think of.

Scream.



What's your name?

Spell your name and do the activity listed for each letter. You can also spell your middle name, your pet's name, your favorite character's name, or try different words.

A Spin around in a circle 5 times

B Hop on one foot 5 times then on the other foot

C Jump up & down 10 times

D Run to the nearest door and back

E Do 2 cartwheels

F Do 10 jumping jacks

G Walk like a bear for a count of 10

H Balance on your left foot for a count of 10

I Hop like a frog 5 times

J March like a toy soldier for a count of 10

K Balance on your right foot for a count of 10

L Pretend to jump rope for a count of 20

M Do 2 somersaults

N Walk backwards 25 steps

O Walk sideways 25 steps

P Pick up a ball without your hands

Q Crawl like a crab for a count of 10

R Touch your toes 25 times

S Roll a ball using only your head

T Pretend to pedal a bike with your hands for a count of 20

U Flap your arms like a bird 25 times

V Reach for the clouds for a count of 15

W Walk on your knees for a count of 10

X Do 10 push-ups

Y Pretend to ride a horse for a count of 20

Z Do 25 jumping jacks

