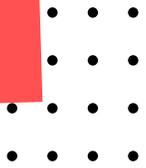


# SUMMER CAMP BINGO!

## ROUND 1



### YOUR MISSION IF YOU ACCEPT IT:

- You have 2 weeks to complete as many of these activities as possible.

1 <b>LAZER MAZE*</b>	2 <b>BUBBLE WANDS*</b>	3 <b>SPOON BALL*</b>	4 <b>COIN SPINNER*</b>	5 <b>INDOOR SCAVENGER HUNT</b>
6 <b>SCRATCH ART*</b>	7 <b>WHAT'S YOUR NAME??</b>	8 <b>CUP LAUNCHERS*</b>	9 <b>ACTIVE DICE*</b>	10 <b>R.A.K. CARD*</b>
11 <b>NATURE SCAVENGER HUNT</b>	12 <b>MAKE SOME MUSIC*</b>	13 <b>FREE SPACE</b>	14 <b>CLEAN MUD*</b>	15 <b>BALLOON TENNIS*</b>
16 <b>COFFEE FILTER ART*</b>	17 <b>SHARP SHOOTER*</b>	18 <b>RING THE STICK*</b>	19 <b>"COUNT OFF" WALK</b>	20 <b>COMPLETE 3 KIND ACTS</b>
21 <b>BALLOON BODY BUMP CHALLENGE*</b>	22 <b>STRAW GLIDER*</b>	23 <b>STRING RACE*</b>	24 <b>ROCK CANDY*</b>	25 <b>THE BEAT CHALLENGE</b>

# ACTIVITY 1: LAZER MAZE

**Materials:** Streamers & tape

Your mission is to see if you can make it through the LAZER MAZE! Just like in spy movies we need to crawl, step, or hop our way over the streamers so they don't get us!

**Extra Challenge:** See if you can do it with your eyes closed or a blindfold on and have someone lead you through the maze by just listening to their voice!



Thank you to [www.itsalwaysautum.com](http://www.itsalwaysautum.com) for the instructions!

## ACTIVITY 2: BUBBLE WANDS

### Materials:

- pipecleaner
- assorted beads
- Bubble solution



### How to Make Homemade Bubble Wands:

1. Take the pipe cleaner and make a circle or heart shape at the top for blowing bubbles.
2. Then thread beads up the stem of the wand that is left. Be sure to leave about 1/2 inch at the bottom so you can wrap the remaining end of the pipe cleaner around the last bead so all the beads stay on.
3. That's it! Now pour your bubble solution into a small bowl/plate so you can dip your new wand in it and blow bubbles!



Thank you [www.artfulparent.com](http://www.artfulparent.com) for the instructions!

## ACTIVITY 3: SPOON BALL

### Materials:

- 1 golf ball
- 1 spoon
- A watch (optional)



- Your mission is to see if you can make it from one side of the room to the other without dropping the golf ball off your spoon!
- If it drops, start over at the beginning and see how far you can get this time
- Remember no putting your fingers on top of the ball! They must remain on the handle of the spoon!

### Extra Challenge:

- Can you go touch all the doors in your house without dropping the egg?
- Can you increase your speed?! Have someone time you!
- Can you hold the spoon with something other than your hand? How about your mouth or just between 2 fingers?

# ACTIVITY 4: COIN SPINNER

## Materials:

- Small Paper Plate
- Markers
- Scissors
- Coin



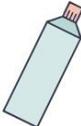
## How to Make Coin Spinner

1. Color your own design on the paper plate (Hint: If you use 2 primary colors (blue and yellow) side by side you might be able to spin it fast enough to turn into a secondary color (Green!))
- 2., A small vertical slit will need to be cut into the center of the plate (Ask an adult for help with this!)
3. Next, place a coin in the slit. Then find a hard surface to try spinning the plate like a top!

Thank you to [www.jdaniel4smom.com](http://www.jdaniel4smom.com) for the instructions!

## ACTIVITY 5: INDOOR SCAVENGER HUNT

# INDOOR SCAVENGER HUNT

- |                          |   |               |                          |  |                                  |
|--------------------------|---|---------------|--------------------------|--|----------------------------------|
| <input type="checkbox"/> |    | BACKPACK      | <input type="checkbox"/> |     | SOMETHING RED                    |
| <input type="checkbox"/> |   | COINS         | <input type="checkbox"/> |    | TOOTHPASTE                       |
| <input type="checkbox"/> |  | BOOKS         | <input type="checkbox"/> |   | CLOCK                            |
| <input type="checkbox"/> |  | PICTURE       | <input type="checkbox"/> |   | PLANT                            |
| <input type="checkbox"/> |  | BALL          | <input type="checkbox"/> |  | SPOON                            |
| <input type="checkbox"/> |  | PAPER         | <input type="checkbox"/> |  | WATER GLASS                      |
| <input type="checkbox"/> |  | PAIR OF SOCKS | <input type="checkbox"/> |  | HAT                              |
| <input type="checkbox"/> |  | PENCIL        | <input type="checkbox"/> |   | STUFFED ANIMAL                   |
| <input type="checkbox"/> |  | TOOLS         | <input type="checkbox"/> |   | A BUTTON                         |
| <input type="checkbox"/> |  | A SQUARE      | <input type="checkbox"/> |   | SOMETHING WITH<br>A FLOWER ON IT |

# ACTIVITY 6: SCRATCH ART

## Materials:

- Scratch art small paper
- Scratch art mask
- Scratch art stick

## How to Make Scratch Art

1. Start with your small square back piece of paper to see what it feels like to scratch off the black. Try writing your name, making patterns or drawing your favourite thing!
2. Once you get the hang of it move to the scratch art bookmark. Here you can again create your own design! Maybe spell out a word that reminds you of how awesome you are, make squiggles & stars, do polka dots! Whatever you'd like!
3. Now put that bookmark to use and find your favourite book to read either on your own or with a family member!



# ACTIVITY 7: WHAT'S YOUR NAME?

## what's your name? Fit activity for kids

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- |   |  |
|---|--|
| <b>A</b> jump up & down 10 times                      | <b>N</b> pick up a ball without using your hands                   |
| <b>B</b> spin around in a circle 5 times              | <b>O</b> walk backwards 50 steps and skip back                     |
| <b>C</b> hop on one foot 5 times                      | <b>P</b> walk sideways 20 steps and hop back                       |
| <b>D</b> run to the nearest door and run back         | <b>Q</b> crawl like a crab for a count of 10                       |
| <b>E</b> walk like a bear for a count of 5            | <b>R</b> walk like a bear for a count of 5                         |
| <b>F</b> do 3 cartwheels or log rolls                 | <b>S</b> bend down and touch your toes 20 times                    |
| <b>G</b> do 10 jumping jacks                          | <b>T</b> pretend to pedal a bike with your hands for a count of 17 |
| <b>H</b> hop like a frog 8 times                      | <b>U</b> roll a ball using only your head                          |
| <b>I</b> balance on your left foot for a count of 10  | <b>V</b> flap your arms like a bird 25 times                       |
| <b>J</b> balance on your right foot for a count of 10 | <b>W</b> pretend to ride a horse for a count of 15                 |
| <b>K</b> march like a toy soldier for a count of 12   | <b>X</b> try and touch the clouds for a count of 15                |
| <b>L</b> pretend to jump rope for a count of 20       | <b>Y</b> walk on your knees for a count of 10                      |
| <b>M</b> do 3 somersaults or log rolls                | <b>Z</b> do 10 push-ups  |

# ACTIVITY 8: CUP LAUNCHER

## Materials:

- Disposable Cup
- Balloon
- Scissors
- Plastic Golf Ball

## How to Make a Cup Launcher:

1. Cut the bottom part off of your cup
2. Tie a knot at the end of your balloon and cut off about 1/2" from the other end.

3. Now stretch the balloon over the end of the cup. It works best to put the balloon on the top part of the cups where the lip is, otherwise the cups would bend too much when you put the balloon on.

4. That's it! Now it's time to do some launching! Just put your plastic golf ball inside the cup on the knotted center, then aim the cup away from you, pull back on the outer knot and launch away

**SAFETY REMINDER:** No launching the ball at people! Instead see how far, high you can get the ball or choose a target like an empty water bottle to knock over!



Thank you to  
<http://www.cometogetherkids.com> for the  
instructions!

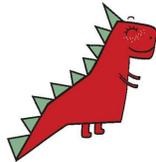
# ACTIVITY 9: ACTIVE DICE

## MOVEMENT DICE

A game to explore movement with young movers



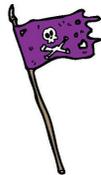
**REACH FOR THE STARS**  
CAN YOU REACH ONE?



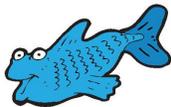
**DO THE DINO STOMP!**  
MOVE LIKE A DINOSAUR



**BLAST OFF!**  
COUNTDOWN FROM 5 & JUMP TO  
BLAST OFF!



**WALK THE PLANK!**  
PRETEND TO BALANCE ON A LINE &  
WALK THE PLANK



**SWIM LIKE A FISH!**  
WHAT KIND OF FISH ARE YOU?



**GET DOWN... GET UP!**  
GET LOW & GET UP 5 TIMES

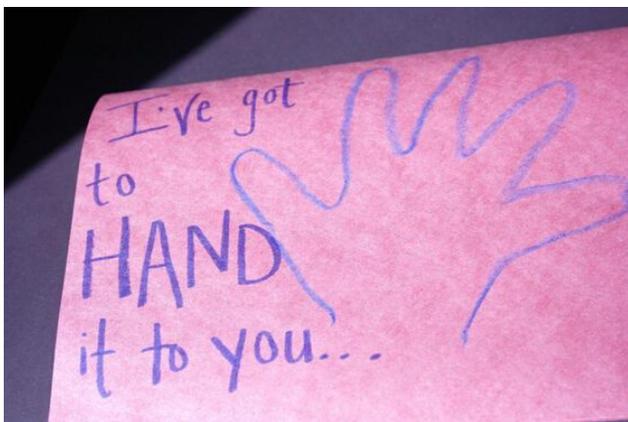
# ACTIVITY 10: R.A.K. CARD

Do you know what R.A.K. stands for?

It means Random Act of Kindness! Your task for today is to create a card for someone in your life that you would like to thank!

Does your mom always make sure you have a full belly? Does your Grandma take you on special errands? Does your neighbour always wave hello?

Here is our chance to say THANK YOU to a person in our life that makes us feel great and let them know we are thankful for them. Here are some examples below of cards you could make!



# ACTIVITY 11: NATURE SCAVENGER HUNT

## Connecting Nature and Physical Literacy A Family Nature Scavenger Hunt



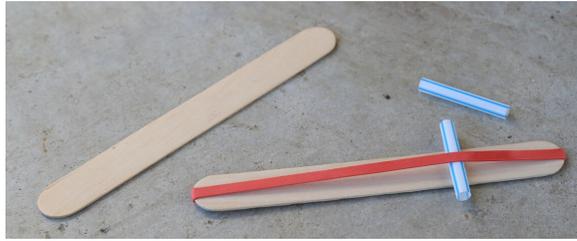
- Identify 5 different colours
- Find 2 things to balance on
- Find something to crawl under
- Find 3 things to jump over
- Find 2 things that are smooth to touch
- Find 2 things that are rough to touch
- Find 3 things that smell different
- Find 3 different kinds of bugs
- Find something you think is beautiful
- How many different kinds of birds can you find?
- Look under rocks – can you find anything?
- Pick up a piece of litter and put it in the garbage when you leave



# ACTIVITY 12: MAKE SOME MUSIC

## Materials:

- Normal Straw
- 2 popsicle sticks
- thick rubber band
- 2 small rubber bands



## How to Make a Popsicle Harmonica:

1. Stretch the thick rubber band around one of the craft sticks. Place one of the straws under the rubber band.
2. Put the other craft stick on top and attach them with one of the small rubber band on the same end as the straw.
3. Stick the other piece of straw at the other end of the harmonica, **but this time place it on top** of the wide rubber band. Secure the end with the second small rubber band.

To play the harmonica, all you have to do is blow. Younger kids may want to hum at first but remind them to blow!

To change the pitch, slide the straws closer together or farther apart. When you slide them closer together, the section of rubber band that is vibrating is shorter, so it makes a higher sound.

Slide the straws all the way to the edges to get the lowest possible sound (which is still pretty high, but lower).

Thank you to [www.frugalfun4boys.com](http://www.frugalfun4boys.com) for the instructions!



# ACTIVITY 14: CLEAN MUD

## Materials:

- 2 cups of baking soda
- Up to 2/3 cups of water
- Container to mix mud



## How to Make Clean Mud:

1. Pour baking soda into container/bowl
2. Add water in small amounts and mix, **slowly adding more water** and mixing until the desired consistency is reached.
3. You want "the mud" to be damp and mold-able but not too wet.

**Bonus:** Get a squirt bottles of vinegar, and you can make the mud ERUPT! How cool!



Thank you to [www.growingajeweledrose.com](http://www.growingajeweledrose.com) for the instructions!

# ACTIVITY 15: BALLOON TENNIS

## Materials:

- 2 paper plates
- 2 popsicle sticks
- Tape
- Balloon
- Optional: Markers



## How to Make Tennis Racquets:

1. Colour the plates to personalize your racquets.
2. Turn the plate over and use tape to secure the large popsicle stick to the back of the plate. Make sure to put it up high enough so that the popsicle stick is secure.
3. Blow up your balloon to use as the tennis ball! Get playing. Here are some suggestions of games you could play:

- **Keepy Uppy**  
Players bat the balloon to and fro between them and lose a point every time they fail to keep the balloon off the floor. The first to 5 points needs to do their best dance move to get back in the game!
- **Target Balloon Tennis**  
Players set each other challenges to hit certain targets in a certain number of shots. For example, hit the kitchen chair in three shot or hit the back of the door in 4 shots etc.
- **Trick Shots**  
Players come up with their best trick shots! Can you use your opposite hand? How about hitting the balloon between your leg? Can you hit the balloon up and spin before hitting it again? What other trick shots can you think of?

Thank you to [www.glitteronadime.com](http://www.glitteronadime.com) for the instructions!

# ACTIVITY 16: COFFEE FILTER ART

## Materials:

- 1 Coffee Filter
- Markers
- Pipecleaner
- Cup or Bowl
- Water



## How to Make Chromatography Butterfly Craft:

1. Choose one marker to experiment with first. (Hint~ black and brown are the most exciting!)
2. Take one coffee filter. Put it on a newspaper or some kind of material to protect your table. Draw a thick circle around the center of the coffee filter where the ridged part meets the flat center. Use a pencil to write the color of the marker being used right in the center. (You'll want to know what the original color was being used, and the pencil won't smear and will remain intact after the experiment.)
3. Fold the coffee filter in half and then in half again, resulting in a cone shape.
4. Get a short glass of water. Pull apart the cone shaped coffee filter so it balances right on the glass with the tip of the cone just touching the water. **(Be sure NOT to let the marker circle go in the water, just the uncolored tip of the coffee filter cone.)**
5. Let it sit and watch what happens as the water begins to flow up the paper.
6. After the water has reached the outer edge of the coffee filter, place it on a newspaper to dry.
7. Take coffee filter and scrunch it up in the middle.
8. Wrap a black pipe cleaner around the center. Shape the ends to form an antenna



Thank you to [www.buggyandbuddy.com](http://www.buggyandbuddy.com) for the instructions!

# ACTIVITY 17: SHARP SHOOTER

## Materials:

- 1 water gun
- Water
- Golf tee
- Plastic Golfball



## How to play:

1. Fill up your water gun with water.
2. Head outside and find a spot where you can put your golf teen in the ground. Then place your plastic golfball on the tee.
3. Take 2 big steps back. If you can lie on your belly like a biathlon athlete that's even better! (see below for example picture of Team Canada Paralympian, Mark Arendz!)
4. Did you hit it?! If you did, try to take 3 steps back this time when you go to shoot!
5. Other challenges you can try is shooting with your opposite hand or you can even put the golf ball resting on different places such as a tree branch or fence post so you can try standing to shoot or kneeling!



Team Canada Paralympian, Mark Arendz

# ACTIVITY 18: RING THE STICK

## Ring the Stick

### Activity Origin and Purpose

- Many different people played this activity. Other versions of this game include "Ring & Pin" or "Pin & Bone"
- This activity is a great indoor or outdoor game that practices hand-eye coordination
- In addition this game can also be used as a way to resolve conflicts, e.g., when there is a tie in a game



### Materials:

- 2 pipecleaners
- Dowel
- String

The Alberta Native Friendship Centres Association and the Be Fit For Life Network collaborated to create a resource called "Move & Play through Traditional Games. Ring the Stick is one of the games!

### How to make:

1. Take the 2 pipecleaners and wind them around each other. Once they become one big pipecleaner twist the ends together to become a circle (like shown above)
2. Tie one end of the string on to the end of the dowel (might be helpful to secure it with tape so it doesn't slide off) and the other end of the string gets tied to the pipecleaner ring.

## Ring the Stick

### Activity Description

- Start with the ring on the floor and the stick in hand.
- Flick the stick with your wrist to make the ring fly up into the air; then attempt to put the end of the stick through the ring.
- One point is given for each ring with the stick.

### Fundamental Movement Skills/Physical Literacy Link

- This activity will help to build agility, balance, and coordination; the ABCs are key to developing physical literacy
- Ring the Stick is similar to sending and receiving object manipulation skills like throwing and catching

### Safety

- Ensure that participants have enough space in order to play "Ring the Stick" without interfering with another participant's equipment or body.

### Activity Variations

- Make the challenge more active by adding the activity to a relay where smaller teams of 3 move one at a time to an end line where they have to "Ring the Stick" before returning to their team. Have participants use different locomotor skills like skipping, galloping, and hopping to move across the activity area.
- Try using the activity as part of a tag game. Instead of having participants get tagged out, when a participant gets tagged, they move to a designated area where they "Ring the Stick" before coming back into the game.

# ACTIVITY 19: "COUNT OFF" WALK

## WALK & PLAY

# COUNT OFF

Pick something to keep track of on your walk:

- # of trees
- # of light poles
- # of cars
- # of people



## PLAY BUILDS BRAINS!

Reduces Stress | Increases Joy | Builds Strong Relationships

Thank you to [www.buildingbrains.ca](http://www.buildingbrains.ca) for activity!

# ACTIVITY 20: 3 KIND ACTS

Choose 3 to  
complete  
below!



The **Great  
Kindness  
Challenge.**

**FAMILY  
EDITION**

**Create a kinder world.**  
Take a week, a month or a year.  
Have fun and complete as many  
acts of kindness as you can.  
**Your Kindness Matters!**

## Kind Acts

- Smile at 25 people
- Take a treat to your local firefighters
- Do a household chore without being asked
- Donate something to an animal shelter
- Read a book to a younger child
- Make a thank you card for your librarians
- Entertain someone with a happy dance
- Create a family gratitude jar
- Cheer for every player on both teams
- Deliver a special gift to a child in the hospital
- Make a new friend or welcome a new neighbor
- Send a card or gift to a military family
- Walk or pet an animal - but ask first!
- Go a full day without complaining
- Hold the door open for someone
- Learn to say "Thank you" in a new language
- Embrace your family with a big hug
- Teach something to a younger sibling or friend
- Write or draw a loving note for someone
- Make and display a "Kindness Matters" sign
- Raise funds and donate to your favorite cause
- Watch the sunrise or sunset together
- Breathe, stretch and think a happy thought
- Cut out 10 hearts and leave them on 10 cars
- Thank a bus driver
- Leave a flower on someone's doorstep
- Be kind to yourself and eat a healthy snack
- Call your grandparents or esteemed elder
- Walk or bike instead of driving
- Say "Thank you" to a police officer
- Bake cookies and share with your neighbors
- Say "Good Morning" to 5 people
- Pick up and recycle trash in your neighborhood
- Take a family walk outside
- Draw a heart in the sand or dirt
- Write a thank you note to your mail carrier
- Make a wish for a child in another country
- Volunteer in your community
- Say "Hi" to someone who looks sad
- Write a happy message with sidewalk chalk
- Paint a kindness rock and randomly place it
- Share food with someone who is hungry
- Sincerely compliment 5 people
- Post a positive message on social media
- Let someone go ahead of you in line
- Help plant a garden
- Reflect on kindness you witnessed during the day
- Create your own kind deed



**#GreatKindnessChallenge**  
[www.greatkindnesschallenge.org](http://www.greatkindnesschallenge.org)

FREE APP!





# BALLOON BODY BUMP & BALANCE!

\*With activities from Be Fit For Life's Move & Play Through Physical Literacy Resource

## How to Play

1. Keep the balloon in the air with your hands!
2. Keep the balloon in the air without using hands. Can you use your feet? Your elbows? Your shoulders? Your knees?
3. *Challenge:* Choose a body part to strike the balloon in the air with. Ask a parent or sibling, to turn on some music. When the music stops you must balance the balloon on that body part until the music turns back on! Switch up the body parts every time the music stops.

## Equipment

- A Balloon
- Music Player (optional)

## Featured Skills

- Striking
- Balance

Video Link to Activity



<https://youtu.be/gt8U6H144Fs>

## Cues

- Sometimes it helps to start hitting the balloon lightly as the harder we hit the balloon the less control we have over it.
- Keep your eyes on the balloon as it travels from the body part you use, up to the air and back down.

## Building Confidence, Competence and Motivation

1. What is your favourite body part to hit the balloon off of?
2. Why do you think it is hard to balance a balloon on your body? Is there a certain body part that is easiest for you to balance the balloon on?

[www.mhc.ab.ca/BFFL](http://www.mhc.ab.ca/BFFL)



## WHAT IS PHYSICAL LITERACY?

Physical Literacy is the...



**MOTIVATION + CONFIDENCE + COMPETENCE + KNOWLEDGE AND UNDERSTANDING** to value and take responsibility for engagement in physical activities for life.



**Start Early**

Early development of physical literacy is linked to later success in sports and activity.



**Gain Confidence**

Physical literacy provides confidence to apply a set of skills to a new activity or sport.



**Avoid Frustration**

Without physical literacy, many kids become frustrated and withdraw from sport and activities.

**PHYSICAL LITERACY IS A LIFELONG JOURNEY, ESSENTIAL TO AN ACTIVE, HEALTHY LIFE.**

**See Benefits**

Physical literacy is the gateway to physical activity, which provides many benefits like improved physical and emotional wellbeing, cognitive ability, and good health.

**Opportunities Everywhere**

Kids need the opportunity to develop skills in a number of environments over the span of their childhood.

**Time is on Your Side**

Like any other life "skill", physical literacy can be improved if practiced over time.

**It's Never Too Late**

Adults who did not develop the building blocks in childhood can still develop physical literacy by pursuing a variety of physical activities throughout life.

**Practice = Benefits**

There are benefits to continuously practicing these skills, especially for seniors – i.e. increased independence, decreased risk of falls, etc.

This work was made possible, in part, with support from the RBC Learn to Play Project, an initiative funded by RBC and the Public Health Agency of Canada and delivered by PARTICIPATION with support from Sport for Life.

# ACTIVITY 21: BALLOON BODY BUMP CHALLENGE

# ACTIVITY 22: STRAW GLIDERS

## Materials:

- 1 straw
- Paper
- Scissors
- Tape



## How to make:

1. Take your piece of paper and cut off 1 inch at the bottom (So the strip is 1 inch x 8.5 inches)
2. Now cut length wise for the next strip (so the strip is 1 inch by 10 inches)
3. Tape your strips to make two circles – one large one small.
4. Tape circles to your straw....Now you are ready to fly the glider!

## Questions to think about:

What happens if the straw is longer or shorter?

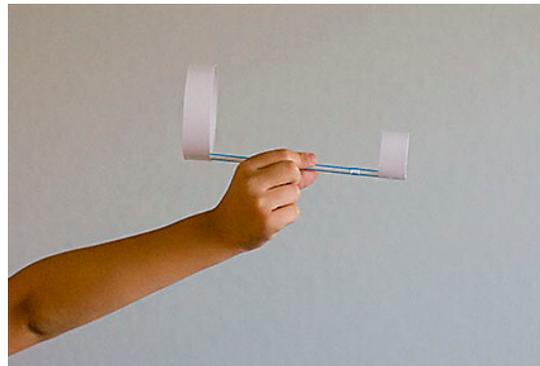
What happens if you use a stick instead of a straw?

What happens if you make the circles the same size?

Can the plane fly in both directions (large circle at front OR back?)

What if you shape the circles into a triangle or square?

What if you use different materials?



Thank you to [www.redtedart.com](http://www.redtedart.com) for the instructions!

# ACTIVITY 23: STRING RACE

## Materials:

- 1 water gun
- water
- string
- Cup
- Scissors



## How to make:

1. Fill up your water gun with water
2. Pierce a small hole in the bottom of your cup (try to round out the edges of the whole to make it as smooth as possible). It's easiest if you put the hole near the edge of the bottom of the cup vs right in the middle.
3. Tie or tape one end of the string to a post/wall. Thread the string through the hole and then tie the other side of the string to a post/wall or have someone hold it.
4. You're ready! You can now get your water gun and shoot into the cup to try to move the cup along the string as fast as you can to touch the far wall!



Thank you to [www.allfortheboys.com.com](http://www.allfortheboys.com.com) for the instructions!

# ACTIVITY 24: ROCK CANDY

## Materials:

- Pot
- 2 Cups of water
- Dowel
- Glass Cup
- Clothes pins
- 5 cups of sugar ( I know....it's alot...)



## How to make:

1. Dip your skewer in water and roll it in sugar.

Let it dry completely. This will give the sugar a base (something to stick to when it starts to crystallize).

2. Heat water on med-high heat. When it simmers begin adding sugar until you reach a 1:2 to just shy of a 1:3 water sugar ratio. It will get to a point where it takes quite a bit of stirring to get the sugar to dissolve. Remove from heat.

3. Ladle the syrup into a glass cup/jar. Add food coloring and flavorings to each jar, if you'd like.

4. Allow the syrup in the jars to cool down a bit. Warm or room temperature. Attach a clothespin to the skewer (the one you dipped in sugar and let dry) and place in the jar. Make sure the skewer isn't touching the bottom or sides of jar/glass. They need room to grow.

5. Place your jars in a safe location and watch the crystals grow! **It takes 5-7 days to get a good crystal!**



Thank you to [www.gluesticksblog.com](http://www.gluesticksblog.com) for the instructions!

A decorative graphic at the top of the page features a red banner with the text 'ACTIVITY 25: THE BEAT CHALLENGE' in white, bold, italicized font. To the left of the banner are four rows of four small white circles. To the right are two columns of four small white circles each.

## ACTIVITY 25: THE BEAT CHALLENGE

**Equipment:** One item per 2 people that can be grabbed (e.g., beanbag, empty waterbottle) & music (Waka Waka my Shakira works well)

### **Activity Description:**

- Partners can sit or stand across from one another about 2-3 feet apart with the item between them on the floor.
- Music with a beat will be turned on and students move to the beat of the music as instructed (e.g., Tap hands to knees/feet/shoulders/elbows/head/hips, tap toes/heels, squats, clapping, lunges)
- When music stops, participant tries to grab the item in the middle before their partner does

Adapted from the Alberta Education DPA School Handbook

Go to Youtube and type in "The Beat Challenge by MHC Be Fit For Life" and you can see a demonstration of the game!