

MINUTE TO WIN IT...IF YOU CAN!

Get your groove on!

Draw a card and have your team guess the dance or dance move. Your goal is for your team to try to go through every card in one minute. You do one dance, whoever guesses right goes next.

Dance-Cardiovascular-balance, coordination



Design online at :
www.harboarts.com/shirtdesigner

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21 Point Sling Shot the Frog

Two people hold the bands and one person shoots the frog...try to have your frog land in the designated point areas--one point for closest area, two points for middle area, and 5 points for farthest hoop. Your team is trying to get to 21 points exactly.

Aiming-Muscular endurance-aim



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Stick the landing!

Stand at the designated spot using your leg to toss your shoe on to the table.

When your shoe lands on the table your team gets 5 points ...if another shoe gets pushed off you have to re-toss it. When your team gets to 40 points retrieve your shoes and try add on to your points.

Balance, coordination



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Hoop Yoga

You will all draw a card and hold a yoga pose with hoop for 10 seconds then draw another card. Your group tries to get through as many cards as you can.

Muscular Strength-balance, coordination.



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Ride the Wave!

Use balance board to stay on try to get everyone to take turn on board for 10 seconds each. each 10 second hold is worth 50 points. USE a spotter.

Muscular Strength and Endurance-balance, coordination



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21 pt frisbee

Your team counts off 1-4. Line up in order and have the number 1 person in any pt. receiving area, number 2 throws to them if caught they are awarded that point amount if not caught no point is awarded. Then number 2 goes to any receiving area and number 3 throws to them. If caught they continue to add to their team score. Team continues this process in order until your team has a total of 21 points before time is out. Closest area 1pt, 2nd area 4pts, 3rd area 5 pts.

Cardiovascular-balance coordination



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Bag tag

(from Jim Deline and Chad Triolet)

Put bag in waist band...try to pull bag from waist, drop bag, that person whose bag was pulled picks up bag and goes outside of area does 5 jumping jacks and reenters game.

Cardiovascular endurance-agility



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Cup stack plank

Plank across from your partner in plank position.

Up stack and down stack 6 cups while in plank position--you can use one hand or switch hands and you can only pick up one cup at a time. You have three and they have three. See how many times you can up and down stack those 6 cups...compete against the other 2 in your group.

Muscular strength and endurance-coordination, balance.



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Dice it up

Number off 1-4, 1 person rolls dice and names a quick exercise to do, everyone does it, next number 2 goes and names a different exercise...your task is to try to roll each number(1-6) before time is up. So all numbers on the dice have to be rolled 1,2,3,4,5,6.(This also requires a bit of luck.) The faster you roll and do the required movement the more chance you have to succeed in getting 1-6 rolled on the die.

Muscular and cardiovascular strength and endurance-coordination, balance, speed.

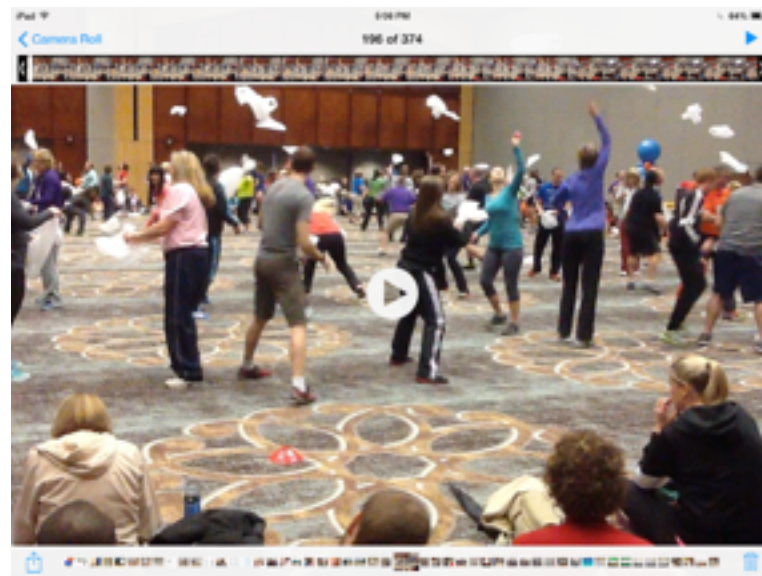


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Bag it up

(from Carol Visotsky and Chad Triolet)

Float and switch...Partner up, each person gets a bag. Take 4 steps away from each other and toss your bags in the air at the same time, attempt to catch each others bag that is floating in the air. Take a giant step away from each other and do it again. Continue to move apart and see how far away you can get from each other and still be able to catch each others bag.



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UNLOCK THE TREASURE

Using 4 padlocks and written combinations try to unlock the large RING.
Your team will be awarded 500 points for unlocking the ring.

Fine motor skills



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Mission Impossible Badminton

Number off 1-4, Continuously hit badminton back and forth, see if the four of you can keep it in the air once you hit you go behind other person continue your goal is to have as many hits in a row with out the birdie touching the floor.

Cardiovascular endurance, hand eye coordination



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Dance card list

twist, washing machine, cha-cha, sprinkler, electric slide, break dance, tap dance, macarena, hip-hop, hammertime, moonwalk, the worm, thriller, Saturday Night fever, lawn mower, the swim, the hokie pokie, chicken dance, YMCA, SOULJA BOY, All the Single ladies, gangnam style