

Fitness Scavenger Hunt

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GRAB YOUR FAMILY

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HEAD OUTDOORS

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FIND THE OBJECTS

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DO THE DRILL (15-30 SEC)

Find:

- SQUIRREL**
- ROCK**
- TREE**
- BUG**
- BIRD**
- STICK**
- FLOWER**
- LEAF**
- ACORN**
- WORM**
- PINE CONE**
- GRASS**
- FINISH**

Do:

- Gallop
- High Knees
- 10 Arm Circles backwards
- 10 Jumping Jacks
- Hop Forward
- Crazy Dancing
- 10 Arm Circles forwards
- Skip
- Play a game of Tag
- Plank
- Run
- Hop backwards
- Group Highfive



INTRAMURALS

SPORTS | RECREATION | FITNESS