



2020 Cub Scout Backyard Challenge



Exercise Games

Category: Health & Fitness

Difficulty: Easy

Description:

Choose a game from the list below and play it! Make the game and the rules work for your family and the area you have available to play in. Some games are fun to play alone OR with members of your family.

Take a pic of yourself playing one or more of these games and send it in!

If playing any of these games gives you an idea for your own exercise game, make a video and send that in!

E-I-E-I-O: Jump rope while singing “Old MacDonald Had a Farm”

BACKYARD YOGA: Look here <https://www.kidsyogastories.com/spring-activities-for-kids/>

POPCORN PUSHUPS: Put a small bowl of popcorn on the floor. Lower yourself down and stick out your tongue to get a piece of popcorn with each one.

ROLL THE DICE: Materials - 3 or 4 dice Roll one die (or two dice) to choose an exercise. Roll the other two to choose how many times to do that exercise.:

- 1 - Jumping jacks
- 2 - Push ups

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- 3 – Burpees
- 4 – Spin
- 5 - Sit ups
- 6 - Run a lap around your yard or house
- 7 - March in Place
- 8 - Side Stretches
- 10 - Arm Circles
- 11 - Jumping Jacks
- 12 - Lunges

PUSHOVER PARENTS: Plant your feet and see if the kids can budge you. If you move your feet, they win.

UNO FITNESS: Materials - Uno cards (doesn't matter if it's a complete deck!)

- Red - Toe Touches
- Yellow - High Knee Slaps
- Green - Frog Jumps
- Blue - Mountain Climbers
- Action - 10 of your choice
- Wild - Shout "Cub Scouts!"

Pick a Card. Do that number of the above exercises. Play until each player has picked at least 10 cards, or all the cards are used, or you all fall down exhausted!

*Alternative for Playing cards (Doesn't matter if it's a full deck!)

- Diamonds - Toe Touches
- Hearts - High Knee Slaps
- Clubs - Frog Jumps
- Spades - Mountain Climbers
- Face Cards - 10 of your choice
- Aces - Shout "Cub Scouts!"

