

ACTIVATE 4

#STAYINWORKOUT

Rules

The aim for both players is to make a straight line of four own logos (Please cut these out on this page and use on the game card); the line can be vertical, horizontal or diagonal. You might like to use Bluetac to stick your pieces to the game card.

When you place your logo on one of the squares you must complete the task.

Equipment you might need- tennis ball, stopwatch, football, tin of beans/ tomatoes and something to play music on

We would love to see this game being played. Get a adult to take a picture and tweet using @WestfieldSGO and **#StayInWorkOut**



Cut along the dotted line for your playing counters



Run around your garden 10 times	Star jump for 2 mins	5 Wall press ups	10 catches against a wall	1 min bicep curls with a tin	1 foot balance- 60 secs	Speed bounce for 1 min	Run around your garden 5 times	10 Press ups	1 min bicep curls with a tin
1 foot balance- 30 secs	10 Star Jumps	Do 1 min of step ups	Run around your garden 5 time	Dance to a song from start to finish	10 kick ups	10 Press ups	Balance an object on your head for 1 min	Star jump for 2 mins	1 foot balance- 60 secs
1 min bicep curls with a tin	10 catches against a wall	Run around your garden 10 times	Speed bounce for 1 min	10 Star Jumps	5 Wall press ups	10 shuttles up the stairs	1 min bicep curls with a tin	Run around your garden 5 times	Speed bounce for 1 min
10 shuttles up the stairs	Dance to a song from start to finish	5 Wall press ups	5 Press ups	1 foot balance- 30 secs	5 kick ups	1 foot balance- 90 secs	10 catches against a wall	10 Star Jumps	Balance an object on your head for 1 min
5 Press ups	Run around your garden 5 times	10 catches against a wall	Star jump for 2 mins	Run around your garden 10 times	10 Star Jumps	Do 1 min of step ups	Dance to a song from start to finish	Run around your garden 10 times	1 foot balance- 90 secs
5 Wall press ups	5 kick ups	1 foot balance- 30 secs	10 shuttles up the stairs	Star jump for 2 mins	1 foot balance- 30 secs	Run around your garden 5 times	5 Press ups	1 min bicep curls with a tin	5 kick ups
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