

# WALK/JOG/RUN

## Grab Bag Cards

Fill in before using!

<p>Run to the _____ and back.</p>	<p>Jog to the _____ and back.</p>
<p>Skip around the _____ and back.</p>	<p>Gallop to the _____ and back.</p>
<p>Power Walk to the _____ and back.</p>	<p>Power Walk around the _____ and back.</p>
<p>Run to the _____ and do 20 Curl-ups.</p>	<p>Walk to the _____ and do 10 Push-ups.</p>
<p>Skip to the _____ and do a Hamstring Stretch.</p>	<p>Gallop to the _____ and give everyone in your group a high-five.</p>
<p>Toss a _____ for 30 catches.</p>	<p>Toss a _____ while you move around the _____</p>



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Fill in before using!

<p><b>Grapevine Step to the</b> _____</p> <p><b>and back.</b></p>	<p><b>Wall sit at the</b> _____</p> <p><b>and count by 3's until you get to 66.</b></p>
<p><b>Perform 5 Curl-ups at the</b> _____</p>	<p><b>Jump Rope for 100 jumps. (you may release the hoop/rope).</b></p>
<p><b>Pass a ball soccer-style around the</b> _____</p>	<p><b>Walk to the</b> _____</p> <p><b>and do a Quad Stretch for 15 seconds.</b></p>
<p><b>Run to the</b> _____</p> <p><b>and do 10 Wall Push-ups.</b></p>	<p><b>Walk to the</b> _____</p> <p><b>and do a Triceps Stretch for 15 seconds.</b></p>
<p><b>Toss and catch a beanbag while moving around the</b> _____</p>	<p><b>Choose your favorite stretch for 30 seconds.</b></p>
<p><b>Whole group jumps rope for 10 jumps.</b></p>	<p><b>Do a group hoop trick for 30 seconds (you create!)</b></p>
<p><b>Run to the</b> _____</p> <p><b>and get a drink.</b></p>	<p><b>Walk to the</b> _____</p> <p><b>and do a Calf Stretch for 15 seconds.</b></p>

