Fitness Scavenger Hunt

Directions: Ask a parent or older sibling to go on a 15 minute walk with you or better yet get your whole family to go! During this scavenger hunt there will be items you need to locate and perform an exercise for each item (see the list below). How many of each exercise did you have to do? Bring a pencil and paper to record your hunt!

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| When you see a(n)……. | Do……. | How many did you do? |
| Stop sign | 5 jumping jacks |  |
| Blue car | 3 squats |  |
| Someone riding a bike | Run in place for 20 seconds |  |
| Bird | 4 arm circles |  |
| Open garage door | 4 burpees |  |
| A license plate that has an A | 6 jumping jacks |  |
| Dog | 2 push ups |  |
| Fire hydrant | 15 second plank |  |
| Someone out for walk | 4 bum kickers |  |
| WELCOME sign | 8 high knees |  |
| Porch with a chair | 4 squats |  |
| Basketball Net | Shoot your imaginary basketball into the net 4 times! |  |
| House with the #5 in the house number | 5 burpees |  |
| Plant in a window | 3 star jumps |  |