



5 MINUTES OF FUN WITH FAMILY



Semi-structured games that involve **CHALLENGE**, **CURIOSITY** and **CREATIVITY** are commonly used to improve youth physical literacy, but they can also be great options to be active together as a family!

MOVING TOWER

(Objective: Move 3- or 4-object tower from left to right)



INSTRUCTIONS

1. In teams, move all objects from the left to the right square.
2. Objects must be moved while adhering to the following rules:
 - a. Only one object can be moved at a time.
 - b. A larger object may not be placed on a smaller object.
 - c. All objects, with the exception of one being moved, must in a square.
3. Attempt to move objects in least number of steps and as fast as possible.

OPTIONS

- A. Move 3 objects from left to right, least # steps, as fast as possible
- B. Move 4 objects from left to right, least # steps, as fast as possible
- C. Move 4 objects from left to right to left, least # steps, as fast as possible

TIC-TAC-TOE

(Objective: Three of same objects in a row)



INSTRUCTIONS

1. Each team gets three of same objects.
2. Each team must take turns placing one of their objects in a square, while adhering to the following rules:
 - a. Only one object can occupy each square.
 - b. Objects can be moved from one square to another.
3. First team to have three of their objects in straight line wins (vertical, horizontal, or diagonal).

MOVE, DON'T RUN!

Try moving back and forth using a variety of different movement patterns:

Options include:

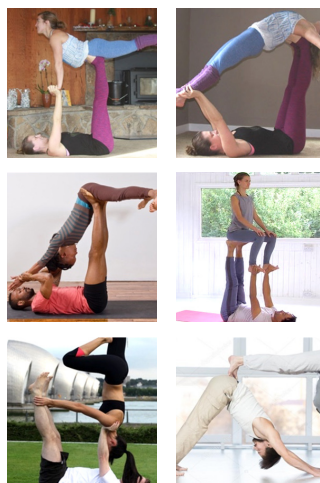
Skip, Crawl, Hop, Jump, Lateral Shuffle, Back Pedal

ACRO YOGA

(Objective: With 1-2 others, attempt to hold each of the poses shown for at least 3s)

INSTRUCTIONS

1. The poses shown on the right can each be attempted with a partner. Each pose involves varying degrees of complexity and requires problem solving, perseverance, etc.
2. Partners must work together to hold each pose for 3s without falling.
3. Attempt to switch roles and repeat in opposite roles.
4. If more than 3 people, could run as a competition between 2+ team, with the goal being to perform all (or the most) poses in the shortest period of time.



PARTNER EXERCISE

(Objective: Perform as many rounds as possible in 5 minutes)

INSTRUCTIONS

1. The two exercises shown will be performed in an alternating fashion as outlined below.
 - a. Push-up x10
 - b. Front Plank (while partner is performing push-up)
 - c. Bent-over row x10
 - d. Reverse Plank (while partner is performing row)
2. Repeat as many times as possible in 5 minutes

