

Don't Drop It!

1. Everyone must run one lap around the outer perimeter of the gym (or play area).
2. Everyone must give the leader/teacher a "high 5."
3. Five group members have to do 10 pushups while the rest of their team counts out loud.
4. Everyone must sit and pretend to row a boat while singing the song "Row, Row, Row Your Boat."
5. Five group members must spin around 20 times and then form a circle that the rest of their team has to run around the outside of 10 times.
6. Everyone must do 20 jumping jacks.
7. Everyone must do 10 sit-ups.
8. Everyone must do 10 frog hops (crouch down on the ground like a frog, and then hop up in the air with feet and hands leaving the ground).
9. Half the group must hop up and down on one foot while the other half completes 8 pushups.
10. Half the group must carry the other half of their group piggyback around the perimeter of the play area.