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| **TIC-TAC-EXERCISE** | |
| **DIRECTIONS**: Perform each exercise to the best of your ability in order to pick up an object. The goal is to get Tic-Tac-Exercise by getting THREE objects in a row. | |
| **EXERCISE IDEAS (10 OF EACH)**   1. JUMPING JACKS 2. PUSH-UPS 3. CURL-UPS 4. PLANKS 5. SQUATS 6. RUNNING IN PLACE (10 SECONDS) 7. HEEL FLICKS 8. ONE FOOT HOP 9. DANCING (10 SECONDS)   **ANY EXERCISE WE HAVE DONE BEFORE OR YOU WANT TO TRY!** |  |
| **RULES**  **GOAL: PLACE THREE OBJECTS IN A ROW TO GET TIC-TAC-EXERCISE!**   1. START BY **FACING YOUR PARTNER** 2. COUNT DOWN **FROM 3 SECONDS** TO START 3. MUST PERFORM EXERCISE **CORRECTLY** 4. CANNOT GRAB OBJECT **UNTIL YOU COMPLETED EXERCISE** 5. CANNOT **CHANGE** THE POSITION OF THE OBJECT AFTER PLACING IT ON BOARD 6. ONLY PICK UP **ONE** ITEM AT A TIME 7. CANNOT DO SAME EXERCISE **TWICE** IN A ROW   **REMEMBER: YOU CAN DO ANY EXERCISE YOU WANT THAT WE LEARNED OR YOU KNOW!**  **EXAMPLE OF A TIC-TAC-TOE GAME** | |
| **EQUIPMENT NEEDED**   1. **TIC-TAC-TOE BOARD** 2. **12 PIECES OF OBJECTS (6 PER PLAYER)**     **THE EXAMPLE IS SHOWING 12 PIECES OF HERSHEY’S KISSES**  **(6 RED/6 SILVER)** | |