

# PHYSICAL



1. Do three (3) of the following for three (3) nights.
  - a. Skip ten (10) times
  - b. Tumble three (3) times
  - c. Hop on one foot for three (3) feet
  - d. Run ten (10) feet
  - e. Throw a ball as far as you can five (5) times
  - f. Play leap frog with club members
  - g. Crawl ten (10) feet
  - h. Bounce a ball ten (10) times without dropping it
  - i. Swim three laps for at least ten (10) feet each way
2. Play “Simon Says” or “Mother May I” with the above things or any other physical game
3. Why do we need physical exercise?
4. Name some foods that make us physically fit
5. Draw or color some of these foods