

Red Rover



Wild:

5 Cheetos

Draw 2:

Draw 2 Cards

Skip:

Skip Around the Room (Counts as 5)

Reverse:

Reverse Crab Around the Room (Counts as 5)

• GAME 1:

Blue:

Mtn. Climbers

Yellow:

Frog Jumps

Green:

Sit-Ups

Red:

Push-Ups

• GAME 2:

Blue:

Burpees

Yellow:

Inch Worm

Green:

Pinky Toes

Red:

Donkey Kicks

• GAME 3:

Blue:

Doritos

Yellow:

Cheetahs

Green:

Crunches

Red:

Bear Crawls

• GAME 4:

Blue:

Squats

Yellow:

Starfish Jumps

Green:

Mtn. Jacks

Red:

Row Boats