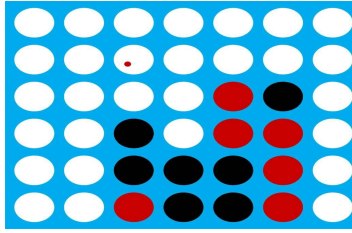


CONNECT 4 FITNESS at home!



During Fitness Friday today, we are playing **CONNECT 4 Fitness**. Here's your chance to play at home! The directions to the activity are below. Please feel free to change the directions or activities to what works best at home and to encourage as many participants as possible!

Directions:

- Game can be played in partners or teams
- If printing a hard copy, use a marker or game piece (checkers, legos, etc.) to keep track of completed squares. If used on an ipad or computer screen, small post it notes can be used.
- Game play needs to start on bottom row and spaces cannot be used above until the space below is completed
- One team or player starts, this can be determined by rock, paper, scissors or youngest or whatever other way you can come up with
- In order to "claim" the space, the player needs to perform the exercise correctly and completely. The other player/team will be the "coach" and count and watch to make sure the exercise is done correctly.
- When the exercise is completed, the player/team can claim the space. Once the space has been claimed, it cannot be moved by either team.
- The players/teams alternate turns until one team has 4 in a row (diagonal, across or up & down)
- Shake hands at the end of game :) and if you want, play again!