

Two by Two Fitness Sheet

Directions: Find a different partner for each of these activities. You do not have to do the activities in the order they are presented. Complete each activity below.

You and a Partner:

1. Complete 5 push-ups
2. Touch 10 different colors (not on another human!)
3. Give your partner a: high five, low five, high ten, low ten
4. Tell a partner your favorite joke while jogging in place
5. Balance on your left foot for 10 seconds while holding your arms out to the sides
6. Do 10 + 5 jumping jacks
7. Have an arm wrestle
8. Complete 15 bicep curls
9. Complete 6 squats
10. Hop on one foot five times then hop on the other foot five times
11. Create a 20 second dance sequence with your partner
12. Complete 5 lunges on each leg
13. Hold a yoga pose for 20 seconds (you choose!)- if you can't think of one, create your own
14. Touch your toes 8 times
15. Share your favorite recipe with a partner while you complete 15 arm circles
16. Jump-rope in place for 15 seconds
17. Complete 2 push-ups
18. Walk and talk sharing your favorite physical activity
19. Try to touch your elbows to the floor
20. Wall sit for 20 seconds
21. Create a 10 second stretching sequence
22. Do a 5 second plank
23. Jump side to side on both feet and share your favorite fruit or vegetable
24. Touch 3 different shapes (not on another human!)
25. Do 25 calf raises (rise up on your tippy toes and back down)