

Activity #2

Body Power!



You know how food helps your body. Exercise and playing helps your body, too. Try these activities with your friends.

Speed Games! Do these games. How long do they take? Make your own speed game.



Run backwards from one side of the room to the other.	Score <input type="text"/>
Skip from one side of the room to the other.	Score <input type="text"/>
Touch your toes and stand up 10 times.	Score <input type="text"/>
Make your own speed game.	Score <input type="text"/>

Balance Games! Do these games. How long do they take? Make your own balance game.



How fast can you walk on a line without stepping off of it?	Score <input type="text"/>
How fast can you walk on tiptoes across the room?	Score <input type="text"/>
Make your own balance game.	Score <input type="text"/>

Vitamins and minerals helped you do so well at those games! Draw a picture of yourself doing an activity you like.

