

Fitness I Spy--At Home Scavenger Hunt

Equipment: Chromebook OR Fitness I Spy packet and a pencil

Instructions: Set up your Chromebook on the kitchen table (or another place designated by your parents.) Make a copy and open the Fitness I Spy--At Home Scavenger Hunt spreadsheet on your Chromebook. **If you don't have a device, place your Fitness I Spy worksheets on the kitchen table, along with a pencil.** After reading all of the instructions, start the timer, and look at the first page of the activity. Go as quickly as possible to find **ONE** of the items on the first page. When you are within 3 feet of the item and can "Spy" it, hurry back to your Chromebook or worksheets, and type or write the appropriate number of points next to the item on the spreadsheet. (For Example: See the light switch on page 1 with 4 points next to it.) Select a second item...hurry to find it, enter the points, select a third item, find it, enter points, and repeat until the timer beeps.






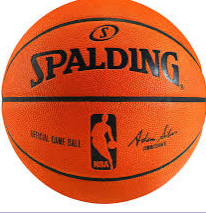








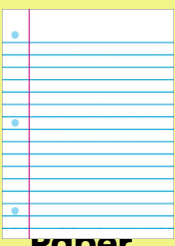









You do NOT need to collect the items, or even touch them...but you also should not stand by the table and "spy" all of the items from there! You must return to the Chromebook / worksheets after finding each item--remember, you're trying to get a good workout! The object is to find as many items on the first page before the timer beeps. When time is up, add up ALL of the points that you earned from the first page. Scroll to the bottom of the spreadsheet (or flip to the last page of the packet) and perform the appropriate exercise to celebrate your achievement. When you have completed the first page, start the timer and attempt to find more items from the second page than you did for the first page. This activity should take 30 minutes (like a regular p.e. class.) If time permits, repeat the instructions for the third, and fourth page. If you complete Fitness I Spy early, make up your own Fitness I Spy game for someone in your family.

7:00 Timer

or type this: bit.ly/timer7min























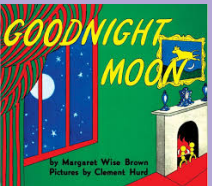
1 Point	2 Points	3 Points	1 Point	2 Points	3 Points
 Wooden Spoon	 Toilet	 Bed	 Gloves	 Vegetable	 Marker
 Socks	 Bubbles	 Family Photos	 Stuffed Bear	 Lotion	 Football
 Toothbrush	 Toy Car	 Rug	 Swimming Suit	 Sticky Note	 Magazine
 Pencil	 Dinner Plate	 Laundry Basket	 Light Switch	 Mobile Phone	 Hairbrush
Column Totals					

Page 1

1 Point		2 Points		3 Points		1 Point		2 Points		3 Points	
											
Pen		Doll		Comb		Lip Balm		Table		Basketball	
											
Dish Soap		Water		Outlet		Winter Coat		Fruit		Chapter Book	
											
T-Shirt		Broom		Paper		Pan		Scissors		Umbrella	
											
Toilet Paper		Video Game		Cup		Window		Stuffed Animal		Gym Shoes	
Column Totals											

1 Point	2 Points	3 Points	1 Point	2 Points	3 Points
					
Eraser	Chair	Teaspoon	Garbage Can	Hairband	Blanket
					
Bowl	Chalk	Board Game	Washcloth	Folder	Golf Ball
					
Sweatpants	Hanger	Wrapping Paper	Boots	Pasta	Picture Book
					
Toothpaste	Front Door	Potted Plant (real or fake)	Mirror	Backpack	Deodorant
Column Totals					

Page 3

1 Point	2 Points	3 Points	1 Point	2 Points	3 Points
					
Crayon	Cap	Action Figure	Back Door	Ribbon	Soccer Ball
					
Pajamas	Television	Towel	Mail	Shampoo	Gift Bag
					
Bar of Soap	Stairs	Strainer	Winter Hat	Computer	Pillow
					
Fork	Recycle Can	Couch	Jump Rope	Crackers	Rhyming Book
Column Totals					

1 Point		2 Points		3 Points		1 Point		2 Points		3 Points	
Column Totals											
Total Points for Page 5:						Design your own At Home Fitness I-Spy Game!					

**Each time you complete a page, add up the points you earned from that page,
and then perform the exercise listed for that point value for 1 minute.**

When you have finished the exercise, move onto the next page!

4 Points or Less	5-12 Points	13-20 Points	21-30 Points	31-40 Points	41-48 Points
Sit-ups	Jog in Place	Hand Release	Leap Frog Jumps	Crab Walk	Jumping Jacks

