

OBJECTIVES	EQUIPMENT	SPARK HEALTHY MESSAGE
<ul style="list-style-type: none"> • Aerobic capacity • Muscular strength and endurance • Flexibility 	<ul style="list-style-type: none"> • 10-20 spots (paper or things around the house) • Music and player (optional) 	<p>Avoid excess sugar & fat Which foods should you “keep away” from? Why?</p>

ACTIVITY	WHAT YOU DO	WHAT YOU SAY
<p>ACTIVITY 2: TOUCH 10</p>	<ul style="list-style-type: none"> • Place spots throughout the room / house. Otherwise have players touch any items in the house (chairs, pillow, TV, plant, couch, bed, towel, sink, etc.) <p>Sample tasks to complete after a number of touches:</p> <ul style="list-style-type: none"> • Forward lunges • V-sits • Jump tucks • Straddle jumps • Crab dips • Ski jumps • Curl-ups • 20-second stretch of choice 	<ul style="list-style-type: none"> • Today, we’ll play “Touch 10!” • The object of “Touch 10” is to warm-up large muscle groups using a variety of locomotor skills and fitness exercises. • On “Go” (or music start), walk and touch (with your foot) any 10 spots. You may not touch the same spot twice. • Do 10 jumping jacks after you have touched your 10th spot. • Skip and touch any 9 spots. • Do 9 push-ups after you have touched your 9th spot. <p>(Continue with 8 spots using any locomotor skill and 8 repetitions of any exercise. Then 7 and 6, etc.)</p> <ul style="list-style-type: none"> • We’ll work our way down. • If waiting for the next direction, can you stretch a part of your body? • Can you touch your spot using a body part other than your foot? (hand, knee, etc.)