### OBJECTIVES
- Aerobic capacity
- Muscular strength and endurance
- Flexibility

### EQUIPMENT
- 10-20 spots (paper or things around the house)
- Music and player (optional)

### SPARK HEALTHY MESSAGE
Avoid excess sugar & fat
Which foods should you “keep away” from? Why?

### ACTIVITY
**ACTIVITY 2: TOUCH 10**

**WHAT YOU DO**
- Place spots throughout the room / house. Otherwise have players touch any items in the house (chairs, pillow, TV, plant, couch, bed, towel, sink, etc.)

**WHAT YOU SAY**
- 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.

(Continue with 8 spots using any locomotor skill and 8 repetitions of any exercise. Then 7 and 6, etc.)

- 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.)

**Sample tasks to complete after a number of touches:**
- Forward lunges
- V-sits
- Jump tucks
- Straddle jumps
- Crab dips
- Ski jumps
- Curl-ups
- 20-second stretch of choice