



JUMPING JACK FLASH

Directions

There are two teams, and two boxes filled with tickets of different colors. Each team is placed about 20 feet from each box. Players will take turns running to the box and pulling a ticket. If you pull a red ticket, you must complete 25 jumping jacks. There are five red tickets in each box. Your team will win as soon as all of the red tickets are pulled. If you don't pull a red ticket, the other tickets will have different cardiovascular activities to perform. Those tickets will be thrown back into the box after the activity is performed.



Safety Tip: Always get your parents help or permission before attempting this move (you never know, they might want to join you!).

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