

# **Mission Possible - Task Sheet**

<b>Complete</b>	<b>Missions</b>
	<b>Do (your age) sit-ups in each corner of the room.</b>
	<b>Skip 5 laps around the room.</b>
	<b>Do (your age) jumping jacks.</b>
	<b>Touch all 4 walls of the room.</b>
	<b>Hop on one foot from one end of the room to the other.</b>
	<b>Do 15 pretend basketball shots. Nothing but net!</b>
	<b>Crab walk and touch 3 chairs</b>
	<b>Jog in place and sing “Row, Row, Row Your Boat”.</b>
	<b>Pretend to jump rope for 1 minute.</b>
	<b>Do a wall push-up on each wall in the room.</b>
	<b>Do any dance move for 30 seconds.</b>
	<b>Complete 20 bunny hops.</b>
	<b>Grapevine or shuffle across the room and back 2x.</b>

**Complete these tasks alone or do missions together as a team.**

**Complete the missions in any order.**

**When you are done with the missions, do a star jump and yell “Mission Accomplished!”**