

Sports Action Game

Get ready to move it like an MVP. For this game you will use the chart to follow along with what sports action you need to do and how long or how many times you will need to do it. Example: If you get "dribble like a basketball player for 20 seconds" you don't need to use an actual basketball, you would just preform the action of the sport, kind of like charades. Now stretch and let's go! 😊

Sport Action	Amount of Time
Dribble like a basketball player	20 seconds
Jump spike like a volleyball player	20 seconds
Kick it like a soccer ball player	10 kicks on each leg
Swing it like a baseball player	10 swings
Surf like a surfer	20 seconds
Swing it like a golfer	10 swings
Bowl like a bowler	10 strikes
Run in place like a track player	30 seconds

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