

FITNESS TIC-TAC-TOE & ULTIMATE TIC-TAC-TOE

Suggested age level for each game, but feel free to try both!

FITNESS TIC-TAC-TOE: GRADES K-2nd

ULTIMATE TIC-TAC-TOE GRADES 3RD -5th

Get Ready:

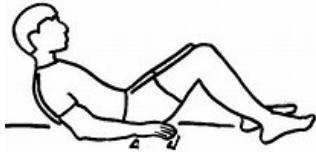
- Print game board, or put picture up on a tablet. If you do not have access to a printer or a tablet, then draw a traditional tic-tac-toe board or ultimate-tic-tac-toe board on plain paper, and use the original board as a guideline of what exercises to do.
- Use a pencil to write on the paper if you print it, or use some type of marker to represent each player (ex. pennies and dimes)

Directions:

- You can play as individuals (1v1) or in teams (Team X versus Team O) just take turns putting the X's and O's on the board.
- Decide who goes first? Rock Paper Scissor Battle best of 3! Whoever wins decides if they would like to go first or second.
- Player/Team 1: Put an X (or their marker) on the Board, wherever they put their X BOTH players must complete the exercise together
- Player/Team 2: Put an O (or marker) on the Board, continue completing the exercises together.
- The goal is to get three (traditional tic-tac-toe) or 4 (ultimate tic-tac-toe) X's or O's in a row!
- Play 2-3 times through.
- Have fun and stay hydrated with water throughout ☺

**FITNESS TIC-TAC-TOE
3 IN A ROW**

10 CURL UPS



25 JUMPING JACKS



**15 SECOND LEG STRETCH EACH
SIDE**



30 SECOND WALL SIT



5 PUSH UPS



CRAB WALK AROUND THE ROOM



12 SQUATS



30 SECOND FAST FEET IN PLACE



20 SECOND PLANK



ULTIMATE TIC-TAC-TOE
4 IN A ROW

10 PUSH UPS	10 CURL UPS	30 SECOND FAST FEET IN PLACE	20 LINE JUMPS TWO FEET ON THE GROUND
25 JUMPING JACKS	20 SECOND WALL SIT	20 SECOND PLANK	BEAR CRAWL AROUND THE ROOM
15 SECOND LEG STRETCH BOTH LEGS	10 HIP BRIDGES	20 MOUNTAIN CLIMBERS	15 SQUATS
10 SINGLE LEG LINE JUMPS EACH LEG	25 JUMP ROPE/ PRETEND JUMP ROPE	10 PLANK SHOULDER TAPS	15 SECOND ARM STRETCH BOTH ARMS

Exercise Explanations:

CURL UP = NOT A SIT UP. LAY ON BACK, KNEES BENT, FEET FLAT, ARMS BY YOUR SIDE, AND LIFT SHOULDERS AND UPPER BACK OFF THE GROUND AND SLIDE HANDS 2 INCHES FORWARD PAUSE, AND THEN RETURN BACK TO THE START POSITION

WALL SIT = BACK UP AGAINST A FLAT WALL, STEP FEET OUTSLIGHTLY, BEND KNEES 90 DEGREES AND HOLD THE SEATED POSITION.

FAST FEET IN PLACE = RUNNING FAST IN PLACE PUMP THE ARMS

LINE JUMPS WITH 2 FEET = PRETEND THERE IS A LINE ON THE FLOOR JUMP FORWARDS AND BACKWARDS OR SIDE TO SIDE LANDING ON TWO FEET

BEAR CRAWL = HANDS AND FEET ON THE GROUND, BELLY FACES THE FLOOR, AND HIPS UP. WALK AROUND THE ROOM YOU ARE CRAWLING WITHOUT YOUR KNEES TOUCHING THE GROUND

CRAB WALK: HANDS AND FEET TOUCH THE GROUND, BELLY FACES THE CEILING, HIPS AND BOTTOM ARE UP, WALK AROUND THE ROOM BACKWARDS OR FORWARDS BUT DO NOT LET BOTTOM TOUCH.

LEG STRETCH = PICK ANY LEG STRETCH MAKE SURE TO STRETCH BOTH SIDES

ARM STRETCH = PICK ANY ARM STRETCH MAKE SURE TO STRETCH BOTH SIDES

HIP BRIDGES = BACK AND SHOULDERS ON THE GROUND, FEET FLAT, KNEES BENT. SLOWLY BRING YOUR HIPS UP TOWARDS THE CEILING, AND PAUSE, AND THEN SLOWLY LOWER HIPS BACK TO THE GROUND

MOUNTAIN CLIMBERS = IN A PLANK POSITION ON PALMS AND TOES, JOG YOUR KNEES IN TOWARDS YOUR CHEST

SINGLE LEG LINE JUMPS = PRETEND THERE IS A LINE ON THE FLOOR, WORK ONE LEG AT A TIME, JUMP FORWARDS AND BACKWARDS OR SIDE TO SIDE LANDING ON THE SAME FOOT 10X, THEN SWITCH FEET.

SQUATS = FEET HIP DISTANCE APART, SIT BACK INTO YOUR HEELS, PUSH YOUR BOTTOM BACK LIKE YOU ARE SITTING IN A CHAIR, STAND BACK UP.

JUMP ROPE / PRETEND JUMP ROPE = IF YOU HAVE JUMP ROPES MAKE SURE YOU HAVE ENOUGH ROOM, OR PRETEND YOU ARE SWINGING THE ROPE AND JUMPING QUICKLY OVER THE ROPE

PLANK SHOULDER TAPS= HOLD A PLANK POSITION ON YOUR PALMS AND TOES, SLOWLY TAP THE OPPOSITE SHOULDER WITH THE OPPOSITE HAND AND REPEAT ON THE OTHER SIDE