

Get Mixed Up and Moving

Directions: Look at the scrambled word and unscramble the letters to figure out the fruit or vegetable. Once you solve it, do the exercise listed under that word (example: jumping jacks or squats). After you finish the exercise, move on to the next scrambled word. Keep going until you have unscrambled all of the words and completed all of the exercises.

Teacher Instructions: For added fun, split the class into two teams and play it as a relay.

1) anabna →

Jump in place 10 times

2) torcar →

Do 15 calf raises

3) pelpa →

Do 15 arm circles

4) raep →

Do 20 high knees

5) otmoat →

Do 10 jumping jacks

6) cron →

Do 10 burpees

7) eban →

Hold a 30 second wall sit

8) pkuimnp →

Do 10 sit ups

9) grpsae →

Do 10 lunges

10) omeln →

Do 10 push-ups

11) pperpe →

Do 12 squats

12) ciuhnicz →

Hold a 30 second plank



Get Mixed Up and Moving

Directions: Unscramble the letters to reveal the mystery word. Choose some of these to get 60 minutes of physical activity every day! Before moving on to decode the next word, complete the exercise listed below each scrambled word!

ANSWER SHEET

1) anabna →

Banana

Jump in place 10 times

2) torcar →

Carrot

Do 15 calf raises

3) pelpa →

Apple

Do 15 arm circles

4) raep →

Pear

Do 20 high knees

5) otmoat →

Tomato

Do 10 jumping jacks

6) cron →

Corn

Do 10 burpees

7) eban →

Bean

Hold a 30 second wall sit

8) pkuimnp →

Pumpkin

Do 10 sit ups

9) grpsae →

Grapes

Do 10 lunges

10) omeln →

Melon

Do 10 push-ups

11) pperpe →

Pepper

Do 12 squats

12) ciuhnicz →

Zucchini

Hold a 30 second plank

