

Mission Possible

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Jack Frost & Jane Thaw: All members of the team except one pretend they are frozen (Jack Frost). The unfrozen member (Jane Thaw) is to use a hula hoop (Sunshine) to unfreeze its members by carefully placing the hula hoop over the frozen members and all the way to the floor. Continue until all are unfrozen.

Holiday Gift Exchange: Line up in single file one behind the other. Pass the gift (ball) down the line by alternating passes, over the head, under/between the legs, over the head, under..... etc

Santa Claus is Coming to Town: One person is Santa Claus while the rest are his Reindeers. Together you are to complete one lap around the gym pretending to be Santa and his Reindeers. Santa is to repeat “Oh Oh Oh...Merry Christmas!”

On the 12th Day of Fitness: In unison, your team is to do 12 jumping jacks.

Candy Cane Bowling: Set up the 6 bowling pins. Approximately 5 giant steps away, use the 2 bean bags to knock the pins over by sliding them on the floor. Repeat until they are all are knocked over!

Winter Lake Skating: One half of the members of the team are to skate the entire length of the gym and the other half is to skate back (use the newspaper as skates- place one sheet under each foot)

Let’s Go Caroling: While pretending to downhill ski, sing the chorus of the song “We Wish You a Merry Christmas.”
Sit on the floor. You are finished!

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Christmas Tasks

