

Scrambled Eggs



SPIN THE EGG ON ITS SIDE AND SEE HOW MANY OF THE FOLLOWING ACTIVITIES YOU CAN DO BEFORE THE EGG STOPS SPINNING!

You can record your # next to each challenge.

* Take a pic or video and send to terri.anderson@dr|c.org*

(You can make it competitive by challenging a family member and see who can do the most repetitions!!)

How many _____ before the egg stops spinning?

1. Jump rope jumps or half-jacks _____
2. Toss and catches _____
3. Laps can you run around your yard or house _____
4. Ball bounces or dribbles? Try Right hand and left hand! _____
5. Step ups (step up and down a stair) _____
6. Foot tosses to hand (place egg on foot and toss up to hands) _____
7. Steps can you take while balancing an object or another egg on your head _____
8. Curl ups or situps _____
9. Plank Tucks (plank position, tuck egg under chin, place on ground , switch hands) _____
10. Burpees _____
11. Crab push-ups (Crab position bend elbows down and up) _____
12. Your choice _____