



**EVERYONE ON THE TEAM MUST COMPLETE
ALL OF THE FOLLOWING EXERCISES IN PAIRS.
THE VOCABULARY MUST ALL BE NAMED IN ENGLISH.**

JUMP ROPE TEN SUCCESSFUL TIMES WHILE NAMING 10 DIFFERENT TYPES OF FOOD.	SPRINT TO THE OPPOSITE END OF THE GARDEN AND BACK
HOP ON ONE LEG 5 TIMES WHILE SAYING 5 FAMILY VOCABULARY WORDS AND THEN DO 5 HOPS ON THE OTHER LEG WHILE NAMING 5 DIFFERENT ANIMALS.	5 PUSHUPS WHILE SAYING 5 WORDS THAT BEGIN WITH THE LETTER 'B'.
25 JUMPING JACKS WHILE SAYING ANY 25 WORDS IN ENGLISH.	10 SIT-UPS WHILE NAMING 10 NATURE VOCABULARY WORDS.
FIND SOMETHING YOU CAN JUMP OVER THEN JUMP OVER IT 3 TIMES.	BEAR CRAWL TO THE CLOSEST TREE AND BACK.



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