

Mission Possible-Task Sheet

Complete	Missions
	Do 8 sit ups anywhere you chose.
	Skip one lap around the room.
	Do 10 jumping jacks.
	Run in place for 15 seconds.
	Hop on one foot from one side of the room to the other.
	Do 15 pretend basketball shots! Swish!
	Crab walk and touch three objects in the room.
	Jump side to side and sing ABCs.
	Pretend to jump rope for 30 seconds.
	Do 5 big frog hops.
	Do your best dance moves for 30 seconds.
	Hop on the other foot from one side of the room to the other.
	Complete 20 bunny hops
	Stretch for 1 min

Complete these tasks alone or do missions together with your family.

Complete missions in any order.

When you are done with the missions, do a victory dance and say "Mission Accomplished".