

Mission Possible - Task Sheet

Complete	Missions
	Do 8 sit-ups in each corner of the room.
	Skip one lap around the room.
	Do 12 jumping jacks.
	Touch all 4 walls of the room.
	Hop on one foot from one end of the room to the other.
	Do 15 pretend basketball shots. Nothing but net!
	Crab walk and touch 3 chairs
	Jog on the spot and sing "Row, Row, Row Your Boat".
	Pretend to jump rope for 1 minute.
	Do a wall push-up on each wall in the room.
	Do any dance move for 30 seconds.
	Complete 20 bunny hops.
	Grapevine or shuffle across the room and back 2 times.

Complete these tasks alone or do missions together as a team.

Complete the missions in any order.

When you are done with the missions, do a star jump and yell "Mission Accomplished!"