5-2-1-0

Physical Activities
A Book of Energizers and Games for Any Age

5 or more fruits & vegetables
2 hours or less recreational screen time*
1 hour or more of physical activity
0 sugary drinks, more water

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

www.letsgo.org
This tool provides quick and easy activities to get kids in grades K-12 moving. These activities can be done inside, outside, in small spaces, or in larger areas.

The activities in this book are arranged by:
- Energizers
- Games

Energizers are quick activities that can be done with little or no preparation or equipment. Use these to get kids moving during academic instruction or transition periods.

Games are activities that require more preparation or equipment. Feel free to improvise if you don’t have the items listed!

Ideas for using the activities in this book:
- Use energizers after periods of stationary activity.
- Use games to stay active inside on rainy days.
- String together a series of energizers or games for a longer activity.
- Host a Let's Go! Olympics (indoors or outdoors).

Visit www.letsgo.org to find more fun ways to provide physical activity opportunities for kids!
Games for Any Age

Fun with Yoga Poses

*Materials:* Yoga Pretzels deck of cards by Tara Guber and Leah Kalish, or printed-out images of yoga poses.

*Preparation:*

If you don’t have the Yoga Pretzels deck, you can find images of yoga poses online. Print the images out and paste them on index cards.

*Play:*

- Pair kids up and ask them to stand back-to-back.
- Provide each kid with a card. They are to look at the image on their own card, but they should not show their card to their partner.
- Ask kids to turn around to face their partner, holding the card behind their back with both hands.
- Each player has 15-30 seconds to tell their partner how to get into the pose on their card. Players must keep their hands behind their back and can’t use their arms or legs to show their partner how to get into the pose—they can only use their words!

*For older kids or to make this activity more challenging, cut down the amount of time they have (15 seconds or less) and provide them with more challenging poses.*

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Food Freeze

Materials: 5 large pieces of paper, markers
Optional materials: 5 hula hoops, music

Preparation:
Write down the five food groups (Vegetables, Fruits, Dairy, Grains, and Protein) on the five pieces of paper. Come up with a list of food items from each food group to call out during the activity.

Play:
- If you have hula hoops, set them around the perimeter of the room or outdoor space and place one piece of paper in the middle of each hoop. If you don’t have hula hoops, just place the pieces of paper around the room.
- Have the kids gather in the middle of the room or space.
- Turn on the music (if you have it) and instruct kids to skip around the room/outdoor space.
- When you turn off the music (or at random intervals), call out a food item (such as oatmeal, apple, or chicken) and have kids run to the paper with the food group that food belongs in. Everyone who goes to the correct food group will get to do a victory dance.

*Keep the activity fresh! Instead of skipping, have kids gallop, march, crab crawl, hop, side-shuffle, jump on one foot, etc.

Activity adapted from “After-School Energizers,” East Carolina University School of Health and Human Performance.
Games for Any Age

Grocery Shopping

Materials: 2 reusable grocery shopping bags, index cards (at least one per kid), marker or pen

Preparation:
- On one side of the index card write down a food item; on the other side of the card, write down an activity.
- Examples: tomato/15 jumping jacks; apple/10 squats; water/5 push-ups, etc.
- Make sure you have at least one card per kid.

Play:
- Split the cards evenly between two grocery bags and place inside.
- Mark the start line and place the reusable grocery bags as far from the start line as your space allows.
- Divide the kids into two teams and have them line up behind the start line.
- When you say, “Go!” the first person in line runs as fast as they can to their team’s grocery shopping bag.
- The player reaches into the bag and pulls out one card. The player shouts out a healthy way to eat the food on the card, does the activity, and then runs back to their team, tagging the next person in line to start their turn.
- The first team to bring all the cards back to the start line wins.

*To change up the activity, have kids skip, hop, side-shuffle, etc. instead of running to the grocery bags.

Activity adapted from “After-School Energizers,” East Carolina University School of Health and Human Performance.
Energizers for Younger Kids

The Wiggles
- Begin by having kids jog in place.
- Tell them to begin wiggling their fingers, then their fingers and wrists, then their fingers, wrists, and forearms, etc.
- Continue adding body parts, one at a time, until the kids are wiggling their entire bodies!

Animal Run *(requires large space)*
- Tell kids they are going to run some laps, but they will need to change their speed according to the animal you call out.
- Have them start by jogging, then call out the name of an animal (e.g.: cheetah, rabbit, horse, penguin, turtle, chicken, hawk, ostrich, squirrel, fox, sloth, snail, hippopotamus, elephant, jaguar, dog, spider, gazelle).
- You can also have them adopt the animals’ movements instead of the speed.

Rainstorm
Have kids follow your lead and do the following actions, in order, for 20 seconds each:
- Rub hands together
- Lightly snap fingers
- Slap thighs
- Stomp feet *(The storm is at its peak!)*
- Slap thighs
- Lightly snap fingers
- Rub hands together
- Stop *(The storm is over!)*

Games for Any Age

MyPlate Charades

*Materials:* Index cards (one per kid), markers

*Preparation:*
Write down a food item on each index card. Do your best to choose a variety of food items from each of the MyPlate food groups. For younger kids, cut and paste images of food items onto cards.

*Play:*
- Have kids pair up *(or do this activity in a large circle)*. Give each kid their own index card, making sure they don’t share the food listed on their card with their partner *(or neighbors)*.
- Each kid acts out the food item listed on their index card and their partner *(or the whole group)* tries to guess the food item on the card. Kids can tell their partners *(or the whole group)* which food group their food is in, but otherwise they can’t talk. They must use only their acting skills to give clues.
- After their partner *(or the whole group)* guesses the food item, the two of them *(or the whole group)* do a celebration dance.

*For older kids or to make this activity more challenging, choose food items that are a bit more complex such as Greek yogurt, low-fat milk, hard boiled eggs, etc. For younger kids, choose simple, one-word food items such as apple, carrot, milk, etc.*
Games for Any Age

MyPlate Relay

Materials: 10 brown paper lunch bags, index cards, and markers

Preparation:

- Take 5 paper bags and on each one write one food group (Vegetables, Fruits, Dairy, Grains, and Protein). Do the same with the other 5 bags to create two complete food group sets.
- Take the index cards and divide them in two stacks. Write one food item on each card in one stack (e.g.: chicken, cheese, apple), then write the same foods on the other set of cards. You should have two identical sets of food cards.
- Mark off the starting line and place each set of food cards on the line, about 10 feet away from each other.
- Line up one complete set of food group paper bags across from each stack of food cards, as far from the starting line as the space allows so kids have to run as far as possible.
- Divide kids into two teams and have them line up behind the starting line, next to their deck of food cards.

Play:

- When you say, “Go!,” the first player in line picks up a food card and reads it.
- The player then runs to their food group bags and places the card in the correct bag. (For example, “cheese” goes in dairy; “chicken” goes in protein, etc.)
- The player then runs back and tags the next person in line on their team.
- The first team to put all of their cards in the correct bags wins.

Energizers for Younger Kids

Physical Activity With Dr. Seuss

Materials: The Foot Book® by Dr. Seuss

- Have kids stand up, with space behind them to sit down, either on their chair or on the floor.
- Let kids know that you will be reading The Foot Book, and that they must sit down and stand back up every time you say the word foot or feet.

*This activity can also be done using Dr. Seuss' The Ear Book (using the words 'hear' and 'ear'), and Dr. Seuss' Oh, the Thinks You Can Think! (using any variation of the word 'think').

Redy® Says…

- Have kids take turns being the leader and play just like you would play “Simon Says.”
- The leader does different movements, and players follow along with the movement only when the leaders starts by saying, ‘Redy Says…’.
- If players follow the movements but the leader hasn’t said ‘Redy Says…,’ they will need to do five jumping jacks before rejoining the game.

* Redy is a native Mainer and the mascot and spokesperson for Let’s Go! and the 5-2-1-0 message. Redy’s favorite foods are fruits and vegetables, especially apples, blueberries, and green peppers. He loves doing cartwheels and likes to cool down with a nice refreshing bottle of water after a long day of exercising! Redy can be seen around town promoting exercise and good eating habits.

— Biography contributed by students at Mahoney Middle School in South Portland, ME
Energizers for Any Age

**Group Slide**
Ask kids to follow your directions. Ask questions like:
- Step forward if you… like eating apples.
- Do a jumping jack if you… have a pet at home.
- Slide to the right if you… like to go swimming.
- Slide to the left if you… like to read books.

**Play Cards!**
- Using a standard card deck, assign an activity to each of the four suits (e.g.: hearts = jumping jacks, spades = running in place, clubs = sit-ups, diamonds = squats).
- Pass out a card to each player. Tell them to do the activity assigned to their suit for 20 seconds.
- After 20 seconds, have kids pass their cards to their neighbor. Repeat for 5 passes.

**Workout Circuit**
- Have kids do each of the following for 1 minute:
  - Jog in place
  - High knees
  - Jumping jacks
  - Hop on one foot
  - Hop on the other foot
  - Hop on both feet
- Feel free to mix up the order or add other exercises into the routine!

Games for Any Age

**Obstacle Course**
Take a look around your building, inside and outside, for equipment and structures you could use to get your kids moving. Be creative! Most anything can be used to construct a fun obstacle course.

**Materials may include:**
- Playground equipment
- Cones
- Masking tape (for start and finish lines)
- Jump ropes
- Hula hoops
- Tables
- Sports balls

**Preparation**
- Set up an obstacle course using the found equipment.
- Take a few minutes before starting the obstacle course to demonstrate how kids should go through each area of the course.

**Play**
- Have kids line up in two teams at a designated starting line.
- Teams can race each other as they go through identical courses, or you may time each team using one course.

*Don't be discouraged during the winter months! Incorporate activities like making snow angels, throwing snowballs at a target (away from other kids), climbing a massive snow bank, etc.*
**Games**

![Image of children playing]

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**Energizers for Any Age**

**Favorite Swap (requires music)**
- Instruct kids to move around the room as the music plays (walk, jog, side-step, etc.).
- When the music stops, they should partner with the person closest to them.
- Ask a question and have kids share a one-word response with their partner (e.g.: What is your favorite place/song/movie/book/sport/school subject/food/weekend activity/animal).
- When the music comes back on, they should move again.
- For each new question, kids should find a new partner.

**Body Bingo**
- Tell kids that you are going to call out various statements. They should move (e.g. jog in place, skip, hop, etc.) whenever one of the statements is true for them and freeze if not. Example statements:
  - I have two brothers.
  - I have a dog.
  - I have been to another state.
  - I love summer.
  - My name has an ‘H’ in it.
  - I speak another language.

**In Between Laps (requires large space)**
- Have kids run laps around a large space together.
- Each time they reach you, they should stop to receive a challenge (e.g.: do 5 twirls, pat your head and rub your belly for 10 seconds, spell your name backwards while walking backwards, do a 30 second wall sit, do 10 jumping jacks).
- Have kids continue running once they complete each challenge. Give them a new challenge after each lap.
Energizers for Any Age

Follow the Leader
- Have kids form a single straight line and make the first person in line the leader.
- Tell the leader to begin moving around the room/space. They may use any movement they want, as long as they keep moving.
- The group should follow behind the leader, imitating his or her movements.
- Every so often, appoint the next student in line as the new leader, instructing the former leader to move to the back of the line.

Stand Up/Sit Down
- Have kids sit on the floor. Tell kids you are going to read a series of yes-or-no questions. If their answer is “yes,” they should stand up and then sit down quickly.
- Example questions:
  - Do you like apples?
  - Do you play a musical instrument?
  - Do you speak a language other than English?
  - Have you ever traveled outside the country?
  - Have you ever gone berry picking?

Strike a Pose (requires music)
- Tell kids to jog or dance around the room/space when you turn the music on.
- When you turn the music off, tell them to freeze and strike a funny or dramatic pose (demonstrate!).
- At the end, you can have them each strike their favorite pose.

Count Off, Call Out
- Have kids count off starting with 1. Make sure they remember their numbers!
- Call out activities for kids to perform based on their numbers.
- Examples:
  - Numbers 1-10 do a lap. Numbers 11-20 run in place for 1 minute.
  - Even numbers do jumping jacks. Odd numbers do squats.
  - All multiples of __ skip around the room once. Everyone else do high knees.

Higher or Lower
Materials: paper, and pen or marker
- Choose one kid to be the guesser and ask them to turn away from the group so as not to see the number s/he must guess.
- Have kids take turns writing down a number from 1-100 on a piece of paper. Show the group the paper, making sure the guesser does not see, and the group remembers the number.
- Now it’s the guesser’s turn to guess the number. The guesser faces the group and calls out a number.
- If the number guessed is too low, the group jumps up as high as they can. If the number guessed is too high, the group touches their toes.
- If the number guessed is too low, the group jumps up as high as they can. If the number guessed is too high, the group touches their toes.
- The guesser keeps calling out numbers until s/he guesses the right one.

*For older kids or to make this activity more challenging, instead of touching the toes to indicate a lower number, have kids squat or sit all the way down on the floor and return to standing position. To indicate a higher number, have kids jump on one foot.