

# Exercise Games for Kids (and Adults)

## Red Light, Green Light

Parent gives child an exercise to do. When parent says "Red Light", child stops whatever exercise they are doing and freezes. When parents say "Green Light", child goes right back to doing the exercise they were doing or another exercise parent says.

## Jump or Drop

Child will be doing repetitions of an exercise that parent chooses but when parent says "Jump", child has to stop what they are doing and jump up and down until parent gives them another exercise.

When parent says "Drop", child stops what they are doing and drops to the floor or ground in the plank position like they are going to do a push up. They have to hold themselves up until parent gives them another exercise.

## What's Your Name?

Child will spell out their first and last name OR anyone's name they choose. Parent will give child an exercise to do and state how long or many they have to do. The exercise depends on each letter in the name. If your child wants a challenge, have them to do the entire alphabet.

### For example:

<b>A</b>	10 jumping jacks	<b>N</b>	10 arm circles
<b>B</b>	1 burpee	<b>O</b>	3 cartwheels
<b>C</b>	5 pushups	<b>P</b>	5 second hop on each foot
<b>D</b>	10 sit ups	<b>Q</b>	10 side lunges each leg
<b>E</b>	20 high knees	<b>R</b>	15 boxer punches (jabs)
<b>F</b>	10 mountain climbers	<b>S</b>	10 leg lifts lying on back each leg
<b>G</b>	10 seconds jogging in place	<b>T</b>	20 front kicks each leg
<b>H</b>	15 squats	<b>U</b>	30 seconds running
<b>I</b>	10 tricep dips	<b>V</b>	10 toe touches
<b>J</b>	5 front lunges each leg	<b>W</b>	1 handstand or headstand
<b>K</b>	20 second plank	<b>X</b>	20 second side shuffle
<b>L</b>	12 butt kicks	<b>Y</b>	10 flutter kicks
<b>M</b>	5 leg raises on each side	<b>Z</b>	15 seconds jumping rope

**Examples of exercises without equipment:**

Squats  
Planks  
Burpees  
Skipping  
Push ups  
Butt kicks  
Spiderman  
Superman  
Tricep dips  
Calf raises  
Cartwheels  
High knees  
Arm Circles  
Side shuffle  
Flutter kicks  
Toe touches  
Boxer punch  
Jumping jacks  
Hop on one foot  
Bicycle crunches  
Mountain climbers  
Sit ups or crunches  
Kicks (front, side, back)  
Running or jog in place  
Lunges (front, side, back)  
Handstand or headstand  
Leg lifts (lying on back or side)

**Examples of exercises with equipment:**

Jump rope  
Hula hoop  
Bounce a ball  
Throw a ball back and forth  
Step ups on steps or stairs

**Want another game???**

Pick 10 exercises from above and have child do each exercise for 30 seconds with a 15 second rest in between exercises. Repeat 2 times for a 15 minute exercise session.

**The list can go on and on....**

**Your turn to think of some exercises and have fun!!**