Kid Quest

- One member Hula Hoops 3 times, 2 members dribble a ball 10 times, 2 members do 15 jumping jacks
- All team members must hop from one side of the field to the other
- Three team members need to make 2 baskets and one teammate needs to make 3 and one just one basket
- Play four rounds of four square
- Each team member needs to skip rope 10 times in a row
- One team member needs to throw a foot ball into the bucket from behind the line (take turns)
- Everyone in the group needs to play 3 rounds of leap frog
- Each team member needs to get a flag, run up the stairs, go across the monkey bars, and down the slide, and return the flag
- Two team members bear crawl across the field, two members skip across the field, one member grapevines across the field
- Team needs to monkey walk across the field and back
- Everyone takes turns going down the slide 3 times
- Someone in each group must touch their toes, another must do 10 push ups, and another must do 20 sit ups, the other two can pick which they do
- 3 people must do 10 dips, 4 people need to do 20 heal raises, and everyone needs to do 20 toe raises
- Everyone needs to dribble a basketball through the cones
- Everyone needs to guide a soccerball through the cones
- One person needs to touch the tree, another the fence post, the others the building
- One person hula hoops three times in a row, everyone else 10 times around the arm
- Everyone needs to do a sit and reach test
- Everyone needs to do 20 jumping jacks
- Play 3 rounds of Duck, Duck, Goose
- Play one round of infection
- Everyone does 5 dance moves
- Do-si-do with each team member 3 times
- Play a round of Sharks and Minos
- Each member needs to score a soccer goal
- Two team members need to catch a ball thrown from 10 steps away two from 20 steps and one from 30 steps
- Spin around 3 times one way and tag the next member until everyone has gone then repeat spinning the other way
- Everyone does 5 Jumping Jacks, one push up, and 10 lunges
- Everyone dances across the field
- Whole team walks around the field
- Everyone runs in place for 20 seconds as fast as they can
- Three people swing on the swings with two pushing them for 20 swings
Kid Quest

- Everyone does 20 stairsteppers, 5 hop up and downs, and 10 stairsteppers
- All members do up dog and arching cat yoga 3 times
- Two members of the team go across the monkey bars and 3 jump down from the playground
- All members to Sun salutation
- 2 members hold out their hands like a limbo bar and the rest limbo under switch so everyone has a turn being the bar with each of their team members
- All team members do the hokey pokey together putting each of their legs in, arms in, and head
- Play one game of four corners
- One person does 3 cartwheels, one person jumps up and down 10 times, one person does 10 dips, and another does 10 lunges
- All team members stretch both of their arms,
- 2 Team members hold out buckets without lowering arms while the other team members add the 5 bean bags to each bucket
- Each kid holds on to a bucket handle forming a circle and everyone lifts the buckets in unison and does 5 squats
- Have Team do 20 Burpees collectively
- Dance while singing the ABC song 3x
- Everyone balances on each foot for 20 seconds without falling