

HOT POTATO

GAME GUIDE



Setup:

Have each student get a school item that fits comfortably in their hand (pen/pencil, eraser, water bottle, etc.) .

How to play:

When the teacher gives the signal, “Go,” students pass their item repeatedly from one hand to the other until the teacher gives the signal, “Stop.” If the item is in a student’s right hand, they must perform butt kickers for 30 seconds. If the item is in a student’s left hand, they must perform air drumming for 30 seconds.

Continue the game for multiple rounds. Use the list below to change the movements for each round or mix and match the movements from the list.

Fitness Movements:

RIGHT HAND

[Butt Kickers](#)

[Air Jump Rope](#)

[Tricep Stretch*](#)

[Y’s, T’s, W’s](#)

[Side Lunges](#)

[Skiers](#)

[Calf Raises](#)

[Leg Hops*](#)

LEFT HAND

[Air Drumming](#)

[High Knees](#)

[Toe Touch Twist](#)

[Bound](#)

[Ice Skaters](#)

[Twists](#)

[Heel Scoops](#)

[Single Leg Balance*](#)

*perform the left and right side for 15 seconds each

