

## Games from *Miss Fox's Class Shapes Up*

**Tug of War** – Tie a scarf or bow in the center of a jump rope or garden hose. Create two teams of even strength and try to pull the rope/hose until the scarf/bow is touched by one of the two teams. This game needs lots of open space to be played safely.

**Lug-a-Melon** – This can be played with a watermelon or any big ball. Players line up shoulder to shoulder. When someone NOT racing says, “Go!” run your fastest to a finish line without dropping your melon/ball. You can make this game more challenging by rubbing dish soap on the melon/ball. Remember to have an adult wash the melon before eating it.

**Mud Jump** – Ask the adults you live with first! Find a muddy spot or puddle in the yard. Get a good running start and try to jump it without landing in the mud. This game may require a change of clothes and bath/shower after playing!

Sound too messy? Try another frog-favorite: **Leap Frog** – click [HERE](#) to see how to play.

**Potato Roll** – This game uses a broom and a potato or ball. Line up shoulder to shoulder with a broom and your potato/ball in front of you. When someone NOT racing says, “Go!” sweep your potato/ball to the finish line. The first potato/ball to cross the finish line wins! Remember to have an adult wash the potato before eating it.

- Healthy Hannah and Teacher Shannon played an exciting game of **Potato Roll**, watch for that video coming soon!

**Just Dance** – “**What Does the Fox Say?**” – This is one of Miss Fox’s favorite ways to get exercise. You can follow along or use your own dance moves. Click [HERE](#) to get your heart clapping!