



Do As I Did Challenge

Materials needed:

- A space with enough room for physical activity
- Close-toed shoes

Instructions:

Build a growing sequence of exercises. Each player will copy the previous exercise and then add their own. The game continues until players can't remember or complete the sequence.

How to Play:

Player 1:

Chooses an exercise (e.g., jumping jacks) and the number of repetitions (e.g., 5).

Announces the exercise clearly to the group: *"5 jumping jacks!"* Everyone completes the exercise.

Player 2:

Chooses a new exercise (e.g., 3 pushups) and leads group through each previous exercise.

Everyone completes Player 1 exercise and then player 2 exercise. Example: *"5 jumping jacks, then 3 push-ups!"*

Next Players:

Each player follows the same pattern:

1. Add a new exercise with a specific repetition count
2. Repeat all previous exercises in order
3. Example:
"5 jumping jacks, then 3 push-ups, then 4 squats!"

Continue:

Keep adding to the sequence. Each turn grows the challenge!

The game ends when someone can't remember the sequence or completes it incorrectly.

The last person to correctly complete the full sequence wins!

Optional: Restart a new round for more fun!

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