Mission Possible - Task Sheet

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| Complete | Missions |
|  | Do 8 sit-ups in each corner of the room. |
|  | Skip one lap around the room. |
|  | Do 12 jumping jacks. |
|  | Touch all 4 walls of the room. |
|  | Hop on one foot from one end of the room to the other. |
|  | Do 15 pretend basketball shots. Nothing but net! |
|  | Crab walk and touch 3 chairs |
|  | Jog on the spot and sing “Row, Row, Row Your Boat”. |
|  | Pretend to jump rope for 1 minute. |
|  | Do a wall push-up on each wall in the room. |
|  | Do any dance move for 30 seconds. |
|  | Complete 20 bunny hops. |
|  | Grapevine or shuffle across the room and back 2 times. |

Complete these tasks alone or do missions together as a team.

Complete the missions in any order.

When you are done with the missions, do a star jump and yell “Mission Accomplished!”