

# Move More Game Day Challenge



## PLAY

## Activity

**Touchdown**

Opposing Team does Pushups  
= to total points of scoring team

**1<sup>st</sup> Down**

Opposing Team does 10 Squats

**Fumble**

Team with fumble does 10 Russian  
Twists

**Time Out**

Team in Time out does Crunches for  
duration of the time out

**Quarterback Sack**

Sacked Team does 10 Toe Touches

**Punt**

Punting Team Marches in place  
for duration of play

**Penalty**

Team with penalty on the play takes a  
lap around the house

**Play Review**

Team in review does Jumping Jacks for duration  
of review – if play stands challenging team does  
10 Push Ups

**Incomplete Pass**

Team w/ Incomplete pass does 10  
Lunges

**Extra Point**

Opposing Team does 7 Pushups

**See a Cheerleader**

Everyone does Standing Cheer Moves

