



KidsRUN RVA



Activity: This or That (Candy Version)

Directions: Explain to the students that you are going to call out two types of candy at a time. Each candy has an assigned exercise. They pick their favorite candy of the two choices and do that candy's exercise to show you which one is their favorite!

THIS

or

THAT

Reese's Cup - 20 Arm Circles

Kit Kat - 20 Windmills

Starbursts - 10 Squats

Skittles - 10 Lunges

Candy Corn - 12 Crunches

Twizzlers - 12 Side Leg Lifts

Twix - 30 seconds Fast Feet

Snickers - 30 seconds Defensive Shuffle

Gummy Bears - 15 second Butterfly Stretch

Fruit Snacks - 15 second Jellyfish

Chocolate M&Ms - 10 Push Ups

Hershey's Chocolate Bar - 10 Plank Taps

Blow Pops - 30 seconds Scissors

Tootsie Pops - 30 seconds Ski Jumps

Swedish Fish - 30 second Plank

Push Pop - 30 second Supermans

Jolly Ranchers - 30 Washing Machines

SweeTARTS - 30 Jumping Jacks

Sour Patch Kids - 15 second Tricep Stretch

Life Savers - 15 second Shoulder Stretch

Have questions? Email us: KidsRunRVA@sportsbackers.org

**Check out our library of Exercise GIFS at:
www.sportsbackers.org/program/kids-run-rva/exercise-examples/**