



# K!DS ON THE MOVE



## This or That - Halloween Costumes

Objective: Have students select which costume they would choose out of the two options by doing the exercise associated with their choice.

Materials Needed: None

Directions: Warm-up the group by demonstrating each of the exercises listed below so everyone knows how to do them properly. Explain to the group that there will be two costume options shared, and that each has an exercise that goes with it. They get to choose this or that costume by doing 10 of the assigned exercise.

Costume 1: Spongebob (side kicks) or Patrick (front kicks)

Costume 2: Ghost (squats) or Skeleton (lunges)

Costume 3: Beetlejuice (burpees) or Minion (mountain climbers)

Costume 4: Witch (washing machines) or Werewolf (High Knees)

Costume 5: Sonic (arm circles) or Stitch (overhead press)

Costume 6: Football Player (star jumps) or Baseball Player (scissors)

Costume 7: Dinosaur (crunches) or Hot Dog (plank)

Costume 8: Police Officer (superman) or Fireman (bridges)

Costume 9: Bigfoot (toe touches) or Penguin (sky reaches)

Costume 10: Bumble Bee (squat jumps) or Lady Bug (ski jumps)