



# True or False



## Get Ready!

**Write down** 5-10 TRUE/FALSE questions. Whoever comes up with the questions will be the leader.



**TIP:** Ask your parent/guardian to come up with questions based on what you're learning in class this week!

## Instructions:

1. The leader will ask the TRUE/FALSE questions that they created.
2. If you think the answer is "TRUE", jog in place.
3. If you think the answer is "FALSE" do five squats.
4. Keep track of how many answers you got right and do that many star jumps at the end.

**TIP:** Switch up the movements after each question to work different muscle groups!

## Family Talking Points:

*Discuss together and write or draw your answers in the space provided.*

1. Taking physical activity breaks can improve memory, attention, and school performance! How do you feel after moving your body?
  
  
  
  
  
  
  
  
  
  
2. What was your favorite exercise in this activity? Why?