

# Power Skills



## Cooperative and teamwork challenges

Team Games and Fair Play

### Ready

#### Get Fit!

Being active everyday:

- is fun and feels great!
- makes your heart stronger
- gives you more energy
- helps you sleep better
- keeps your body healthy

### Set!

Find a carpet space and 3 partners. Do some light stretches to warm-up. Try these activities with your family and friends. Laugh and enjoy as you build a strong and healthy heart!

### GO!

#### Rockin' Roll Row Boats

Find a partner who is about your size. Sit facing each other, toe-to-toe with your knees bent like Jack and Monica. Jack rocks back and gently pulls up Monica. Then Monica gently rocks back and Jack is pulled up. Keep the rocking going in a smooth movement.

#### Gentle Row Boats

4 people sit in a circle, facing each other with their knees bent, holding hands. While 1 and 3 lay back, 2 and 4 curl into the center and greet each other.



### HEART LEADERS!

Think of other 'cool moves' you can do with a partner or group of friends. Make sure safety is your #1 priority! Send us your ideas at [HeartHealthyKids@hsf.on.ca](mailto:HeartHealthyKids@hsf.on.ca)

### Turn up the heat!

You add the challenge!

- Create variations so more people can join.
- Try creating different formations.

