

Tiffany Park Families,

Next week is spring break. I hope all of you are healthy and I miss not seeing everyone in the gym at Tiffany Park. Today's activity is not intended to be used until after spring break, but I thought I would try something a little different so you might be able to use the activity for both weeks.

The name of the game is 6 across, it is a game with exercises and challenges that you can play with your family. Remember we are still practicing social distancing so, this a family game. Please read the directions sheet and make your board. (Both of them are below, keep scrolling down.) If you do not have a printer just use a piece of paper and draw the board out. (You can even change the board if you want to, like in BINGO the boards are all different.)

Next you will have to find all the equipment you need. This is part of the activity, walking around the house finding all the stuff listed in the equipment section of the game. The hardest part might be dice. You can always make dice, but a faster option would be to write numbers on a small piece of paper and just draw the numbers out of a hat or plastic bowl. This activity does take some time to set up, but once you are set up, I am hoping it is an activity that families can play together more than once. Maybe even a couple of times a day to get some exercise and have fun as a family. Lastly, I think the game is simple enough for no variations the first time through, no matter what grade level is playing, but as you keep playing you might want to have 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> grade students multiply the exercise numbers by two or three. Making it harder for the older students. Just a modification to make the game more interesting for the older students. Remember having fun and exercising is the goal. Not winning the game. Winning the game is just a bonus. I would consider the real winner the person that did the most exercises.

Hope your family enjoys spring break and the game 6 across. Remember exercise is important, and any exercise you do is great. Going for walks, riding your bike, etc. Just remember to make sure you are social distancing yourself from other people. Staying 6 feet or more away. Stay safe and hope to see you soon.

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Physical Education

Tiffany Park Elementary.

# SIX in a ROW!

**Objective:** Players attempt to be the first person to cover six squares in a row or diagonally.

**Equipment:** **SIX in a ROW** game board *per player*; 2 playing dice, game chips, 2 identical plastic bottles for flipping, 1 laundry basket or similar receptacle, 2 identical light-weight balls or rolled-up socks to shoot into receptacle

**To begin:** Each player rolls the dice. The player with the highest number goes first. Play continues clockwise.

**Game Play:** Roll the dice *one at a time*. The first die represents the column (up and down) and the second die represents the row (left to right). Therefore, if your first roll is a six and your second roll is a four, you would go down six then over four to find the correct square. *Roll again if a square is already covered with a game chip.*

- **Landing on a color:** When you land on a color, do the assigned exercise, before placing a game chip over the color.
- **Landing on a challenge icon:** There are four different challenge icons on each board. Landing on a challenge icon means a player can *only* earn the square if she defeats the player to her left while performing the icon's assigned challenge. *Only the player who wins the challenge places game chip over the square.*

The first player to cover six squares in a row or diagonally wins the game.

COLOR	EXERCISES
	10 Jumping Jacks
	5 Burpees
	3 Push-ups
	20 Second Plank
	10 Squats
	10 Arm Circles

CHALLENGE ICON	CHALLENGE
	<b>ROCK, PAPER, SCISSORS</b> A player who lands on a challenge icon competes against the player to the immediate left. The winner earns the square. Play rock, paper, scissors with the player to your left. The player who wins two out of three earns the square.
	<b>TRASHKETBALL</b> You and the player to your left stand side-by-side 8-10 feet from the basket. The first player to score 3 baskets earns the square.
	<b>FIRST to ROLL 20 or MORE</b> You and the player to your left each <i>take turns</i> rolling one die. The first to roll 20 or more points earns the square.
	<b>BOTTLE FLIP</b> You and the player to your left take turns flipping your bottle. The first to land the bottle 3 times earns the square.

## SIX in a ROW!

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>1</b>	RED		ORANGE	YELLOW		GREEN
<b>2</b>		BLUE	PURPLE	RED	ORANGE	
<b>3</b>	YELLOW	GREEN		BLUE		PURPLE
<b>4</b>	RED		ORANGE		YELLOW	GREEN
<b>5</b>		BLUE	PURPLE	RED	ORANGE	
<b>6</b>	YELLOW			BLUE		PURPLE