



#FontanaTogether

Penguin Waddle

Equipment:

- Balloon AND/OR the following:
- Rolled up socks
- Ball (any size)
- Stuffed animals

Skill Emphasized:

- Cardiovascular endurance

Organization:

1. Arrange an open floor space.
2. Designate a “Start” and “Finish” area on the floor.
3. Place all equipment gathered at the “Start” area.

Instruction:

Warm up game: Mirror Mirror

1. Stand face to face with your child (about 6ft apart).
2. Have them attempt to copy all of your movements.
3. Reach up and stretch for the sky.
4. Do 10 jumping jacks.
5. Run in place.
6. Act like a monkey!
7. Be creative and make it fun.
8. Switch roles! Now adults copy children.

Game Time: Penguin Waddle

1. Participants begin at the designated “Start” area.
2. Have participant choose an item from the equipment pile and place it between their knees.
3. Once someone shouts “GO!” Participants must “Penguin Waddle” to the Finish area without dropping their item.
4. Once they make it to the “Finish” area, have them drop off their item.
5. If they drop it, have them return to the “Start” area and try again
6. Repeat steps 1-4 until all items make it to the “Finish” area.

Modifications/Variations:

- Start a timer and see how many items can make it to the “Finish” area in 1-5 mins.
- Make it more challenging by placing obstacles in between “Start” and “Finish” area.
- Multiple participants
 - Have them play as a team with the balloon placed between their hips. Once they get the hang of it, get out your timer to see how fast they can do it.

