

Equipment: 100 Scrabble tiles (If you have a Scrabble game, feel free to use the tiles), 1 scorecard and pencil per player, 1 cup per player, 1 timer

To Begin: Spread out the Scrabble tiles face down on one side of a room. Each player places a scorecard and a cup on the floor at the *opposite* side of the room. Game can be played outdoors as well.

Game Play: There are six exercises listed below. After completing the first exercise, pick one Scrabble tile and add it to your cup. Repeat for each exercise. Try to acquire as many tiles as possible in **two minutes**. You will most likely complete the list of exercises multiple times. When time expires, it's time to empty your cup to spell as many words as possible in **three minutes**. Write each word on your scorecard. Calculate the score for each word by adding the point value of each letter used. After recording a word on your scorecard, letters can be used again to spell a different word. Work with a partner or alone! Either way, you're sure to have fun!

After completing each exercise, pick one Scrabble tile and add it to your cup.

5 Jumping Jacks

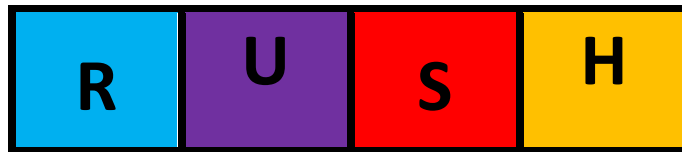
5 Squats

10 Side Jumps

5 Knee Push-ups or Traditional Push-ups

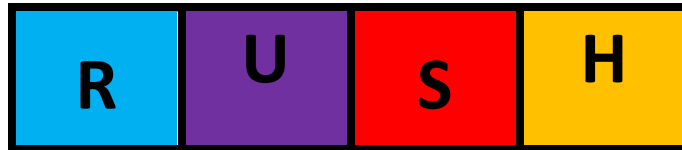
5 Burpees

10 Plank Shoulder Touches



Carefully cut out each letter.

A 1	A 1	A 1	A 1	A 1	A 1	A 1	A 1	A 1	E 1
E 1	E 1	E 1	E 1	E 1	E 1	E 1	E 1	E 1	E 1
E 1	I 1	I 1	I 1	I 1	I 1	I 1	I 1	I 1	I 1
O 1	O 1	O 1	O 1	O 1	O 1	O 1	O 1	U 1	U 1
U 1	U 1	L 1	L 1	L 1	L 1	N 1	N 1	N 1	N 1



Carefully cut out each letter.

N 1	N 1	R 1	R 1	R 1	R 1	R 1	R 1	S 1	S 1
S 1	S 1	T 1	T 1	T 1	T 1	T 1	T 1	D 2	D 2
D 2	D 2	G 2	G 2	G 2	B 3	B 3	C 3	C 3	M 3
M 3	P 3	P 3	F 4	F 4	H 4	H 4	V 4	V 4	W 4
W 4	Y 4	Y 4	K 5	J 8	X 8	Q 10	Z 10		

