TURKEY TROT
Games with Safe Physical Distance

DRESS THE TURKEY

Objective: To successfully toss a bean bag (or tossable) into the target 10x.

Set-up: Give each student a tossable (e.g. bean bag) and a target (e.g. hula hoops). Each student gets a turkey body and 10 feathers. Students write a different exercise on each feather (student choice). Place all feathers in or near the target and position students approximately 10 paces away from the target.

Description: Using an underhand toss, students attempt to toss the bean bag into the target. If successful, students run to collect the bean bag and 1 feather. After returning to their home base, students complete 10 reps of the exercise listed on the feather they collect. If students miss the target, they must walk like a turkey to get the bean bag. Continue until all 10 feathers are collected.

[YouTube Demonstration]

OPENPhysEd.org