

SHAKE-IT-UP IDEAS

SPORTS

Baseball
Basketball
Football
Golf
Gymnastics
Hockey
Soccer
T-Ball
Tennis

INDOORS

Dancing
Exercise Equipment
Hula-Hoop
Jump Rope
Martial Arts
Skating
Swimming
Yoga

OUTDOORS

Bicycling
Canoeing
Frisbee
Kayaking
Playground Activities
Roller Blading
Running
Skating
Skate Boarding
Skiing
Snowboarding
Snow Shoeing
Swimming
Tether Ball
Volley Ball
Whiffle Ball

GAMES

Bad Mitten
Dodge Ball
Capture the Flag
Four Square
Hide and Seek
Hopscotch
Kick Ball
Red Light/Green Light
Simon Says
Tag