

## **Games to play with your Univera Healthcare Fun 2B Fit stopwatch!**



1. How many times can you hop in place in 30 seconds? 60 seconds? Try hopping on both feet, right foot, and left foot!
2. Use two sneakers to make a start and finish line. Time how long it takes your friends to run from the starting line to the finish line! Now try skipping, walking like a crab (on your hands and feet), and even side-stepping from start to finish! Take turns being the timer.
3. Set up an obstacle course and make stations with different physical activities, like jumping rope, a hula hoop, jumping jacks, throwing a ball at a target (like a bucket or a tree), kicking a ball through a goal post, etc. Time each other doing it. Now try the obstacle course backwards!
4. Hide something and see how long it takes before someone finds it. Stop the timer when the person finds it and runs back to home base! Who can do it the quickest?

**Ask adults to play with you...time them,  
too! Remember, it can be Fun 2B Fit!**

# Stopwatch Activity Card!

