

Move More Game Day Challenge



PLAY

Activity

Touchdown

Opposing Team does Pushups
= to total points of scoring team

1st Down

Opposing Team does 10 Squats

Fumble

Team with fumble does 10 Russian
Twists

Time Out

Team in Time out does Crunches for
duration of the time out

Quarterback Sack

Sacked Team does 10 Toe Touches

Punt

Punting Team Marches in place
for duration of play

Penalty

Team with penalty on the play takes a
lap around the house

Play Review

Team in review does Jumping Jacks for duration
of review – if play stands challenging team does
10 Push Ups

Incomplete Pass

Team w/ Incomplete pass does 10
Lunges

Extra Point

Opposing Team does 7 Pushups

See a Cheerleader

Everyone does Standing Cheer Moves

