

# Play-As-You-Watch Activity Guide

## Here's the play-by-play:

**Your team gets  
a touchdown**

10 jumping jacks

**Timeout**

30 second plank

**Interception**

10 lunges

**Opponent gets  
a touchdown**

10 push-ups

**20+ yard pass**

20 arm circles

**Field goal**

10 toe touches



## Halftime

Refuel with some water!



**Your team wins!!**

WOOHOO! Celebrate with a victory dance!

**The other team wins**

No sweat. Go for a walk to cool off!

