

# ADVENTURES AND GAMES



Slideshow created by  
Jeff Van Wely

[jeff.vanwely@dsvn.org](mailto:jeff.vanwely@dsvn.org)

@jeffvanwely

With Dale Sidebottom

Pick a number 1-10. Leader draws a card from the deck. The difference between your number and the card drawn is your score for that hole. Complete the number of fitness tasks for your score on the hole.



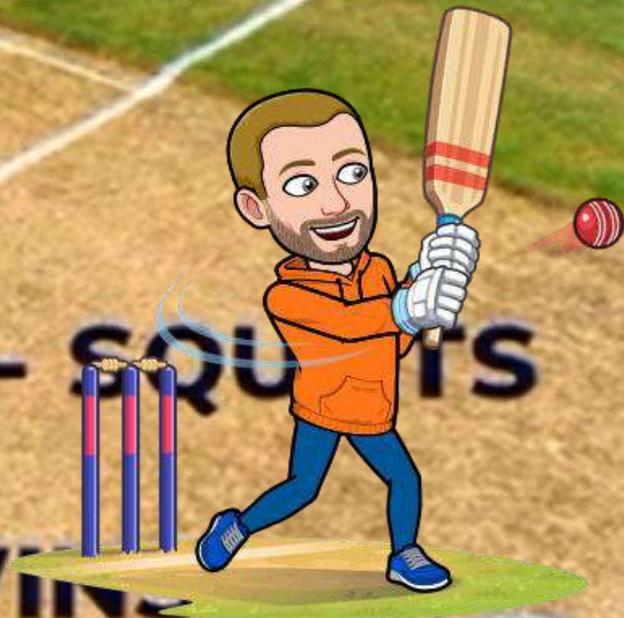
Change the fitness task for each hole.

# VIRTUAL DICE CRICKET

**11 BATTERS**

**STAR JUMPS - BURPEES - SQUATS**

**HIGHEST SCORE WINS**



**READY?**



# Sports Adventure



12:28



# VIRTUAL THUMB WAR



**SAME THUMB - 2 POINTS - PLANK**

**DIFFERENT - 1 POINT**

**1 BURPEE - STAR JUMP**

**OR SOMETHING SPECIAL YOU LIKE :)**



# Alice In Wonderland Fitness Adventure



# Tour De France

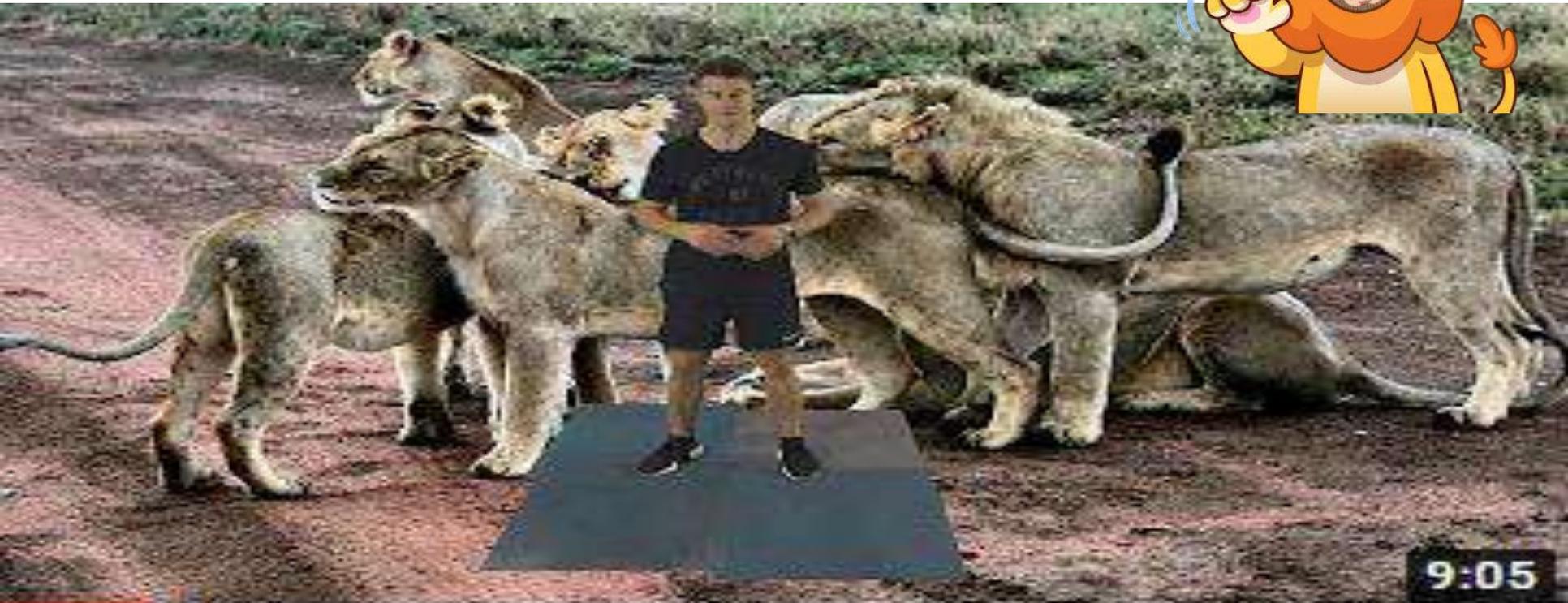


# The Amazing Bank Robbery



10:26

# African Safari



# Nursery Rhyme



# Off To The Big Game



# The Big Balloon



## The Big Balloon Meditation



8:02

# Your Secret Garden



Your Secret Garden  
**Meditation**

6:39

# Reaching for the Clouds

*Reach for the Clouds*  
**Meditation**



# Sparkling Water



*Sparkling Water Adventure*  
**Meditation**

Donkey Kong

Stock Market  
Fitness Trader

Clapping  
one+two+three



Stop+Walk+  
Name+Clap+  
Jump+Dance

Space  
Invaders

# HEADS OR TAILS

**GUESS RIGHT - 1 POINT - PLANK**

**GUESS WRONG - 0 POINTS**

**5 SQUATS  
5 SQUAT JUMPS  
5 PUSH UPS**



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# PSR MASTER

**WIN - 1 POINTS - PLANK**

**DRAW - 0 POINT - 5 STAR JUMPS**

**LOSE - 0 POINTS - 5 JUMPS**



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# DECK FLIP

**GUESS RIGHT - 1 POINT - PLANK**

**GUESS WRONG - 0 POINTS**

**5 SQUATS**

**5 SQUAT JUMPS**

**5 FIST PUMPS**



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# TENNIS BALL PICK

GUESS RIGHT - 1 POINT - PLANK

GUESS WRONG - 0 POINTS

5 ANIMAL SOUNDS

5 JUMP SPINS

5 SECOND HUGE LAUGH



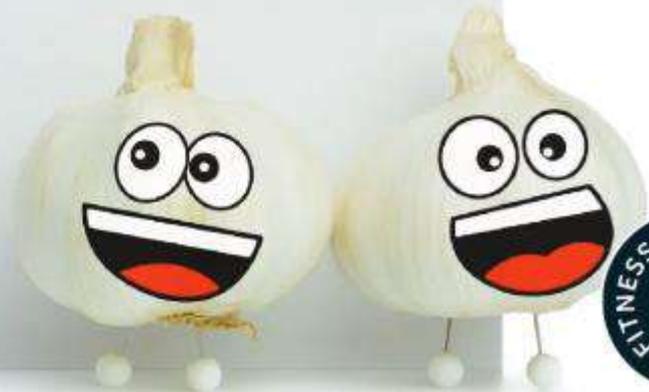
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**ONE - TWO - THREE**



# UP DOWN STAY OFF THE GROUND



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